

# Sanford Herald

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87th Year, No. 131 - Sanford, Florida

## NEWS DIGEST

### INSIDE

#### Sports

##### Lyman boys get big win

LONGWOOD — Paul Riggins had two goals and five assists as the Lyman boys' soccer team hammered a strong Daytona Beach Seabreeze squad 7-4 Friday night.  
See Page 1B.

#### People

##### What's going on?

Your neighbors and friends are featured in community columns from Sanford, Lake Mary, Heathrow and Longwood correspondents.  
See People Page 1C.

#### Local

##### City health insurance

Local citizens Monday will present petitions to Sanford commissioners in protest of an earlier decision.  
Residents are upset the City Commission voted to grant themselves health insurance for life upon retirement after 10 years of service.  
See Editorial, Page 4A

##### Rev your engines

If you haven't yet figured how to access the computer superhighway of online services.  
See Page 6A

##### How does your garden grow?

Seminole County Master Gardeners program is filled with people with the knowledge to make your yard a showplace. Meet one today.  
See Page 2A.

### BRIEFS

#### Grapefruit glut

It's been a bumper season for grapefruit and that couldn't be worse news for growers.  
The biggest grapefruit glut and the lowest prices in years will have some growers finding their crops foreclosed upon, citrus officials say. Others are simply walking away from the fruit.  
"We just feel that the red grapefruit we grow in Lake Wales is not profitable," said Phil Herndon. "That's been the results for the last couple of years. And the long-term supply and demand doesn't show anything different."  
Herndon has already plowed under 10 acres of red grapefruit and will soon plow under another 10 — the last of his grapefruit. From here on out, it's strictly oranges for the growers.  
Not all growers are so pessimistic.  
The glut is the result of years of planting and replanting after hard freezes in the 1980s that killed grapefruit trees.  
The Florida Agricultural Statistics Service in Orlando predicts a record grapefruit production of 55.5-million boxes. Last year's production was only 51-million boxes, said Bob Terry, administrator at the service. A box is two cartons or about 42 pounds.  
There were 147,000 acres of grapefruit grown in Florida this year compared with 135,000 two years ago.

**Fire alarm call answered**  
SANFORD — Seminole County Fire Department officials reported that a fire alarm went off at the Renaissance Retirement Center on Airport Boulevard in Sanford late Friday night.  
No fire was found, but officials evacuated one floor of the east wing of the facility.  
Officials said that burned toast in a toaster in one of the rooms or a mechanical problem may have caused the alarm to sound. The matter is still under investigation.

**From staff reports**

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Ability will never catch up with the demand for it.  
-Malcolm S. Forbes



For more weather, see Page 2A

# Saving near-dead lake

## Committee searches for ways to clean up Jesup

By VICKI DeBORMIER  
Herald Staff Writer

WINTER SPRINGS — The realities of the natural disasters pervading Lake Jesup seemed distant in the sterile environment of the Winter Springs Civic Center Saturday morning.  
Clusters of concerned citizens spoke quietly about the condition of the lake from a variety of perspectives. Copious notes were taken on easel-held notepads.  
"We are getting our priorities in order," Pat Harden, chairman of the Friends of Lake Jesup committee that was the core of those in attendance.  
The committee was formed by Legislative decree and is charged with finding the best way to clean up the lake.  
Saturday's meeting was designed as a brainstorming effort to find out what members believed would be the most important tasks.

"The staff will then come along and look over our priorities and decide what can be done and decide, from a scientific and a financial standpoint what we should do first, second and so on."  
Harden was pleased to see representatives from Seminole County government services present at the meeting. She was disappointed to see that local governments affected by Lake Jesup did not send anyone to the meeting.  
"We have someone here from Oviedo," she said. "But I guess that Saturday is a bad day for everyone else."  
Taking a break from the work session, Mark Kromer from the Volusia County Department of Environmental Management, looked over some of the literature other participants had left on a display table.  
"This is important to all of us," he said. "Lake Jesup is not in Volusia."  
See Lake, Page 6A



Pat Harden, (left) and Sandra Bogen review notes Saturday at a meeting on the solutions to the condition of Lake Jesup.

### Concerns A to Z



Ruth McLemore addresses county and state officials at a joint meeting Friday.

## Lawmakers hear pitches for inclusion in next session

By J. MARK BARFIELD  
Herald Senior Staff Writer

HEATHROW — Local lawmakers Friday morning heard proposals ranging from declaring the Mastiff as the state dog to reforming state eminent domain laws to reduce government's legal expenses in land takeovers.  
In a breakfast meeting sponsored by Seminole County commissioners and American Automobile Association, lawmakers heard a variety of pitches for laws for the next session, beginning March 7.  
Seminole County officials presented a host of law requests, including:  
• shifting all of \$446,500 in state-shared pari-mutuel proceeds to the county com-

mission by 1997. All of the money currently goes to the school board except \$60,000, which is used by Seminole County Port Authority to pay off development bonds. County and school officials agreed to jointly decide how the money should be spent on school-related projects.  
• providing \$400,000 to the St. Johns River Water Management District for the restoration of the Little Wekiva River.  
• capping the county's Medicaid annual increases to 15 percent. The money is for the county's share of nursing home patients and longer-term hospitalizations.  
• allowing residents and land developers to talk to commissioners about land-use matters without incriminating commissioners when  
See Laws, Page 5A

# Suspect in rape arrested

By ROGER HARNACK  
Herald Staff Writer

SANFORD — A Daytona Beach man was arrested Friday night in connection with the armed burglary, kidnapping and rape of a Casselberry woman.  
According to a police report, Robert Bruce Trotman, 31, of 310 Glen Circle, Daytona Beach, allegedly forced his way into a condominium in the Deer Run subdivision, punched the victim in the face, tied her up and raped her.  
According to Florida Statute, tying somebody up against their will is considered kidnapping.  
The 30-year-old victim told police that she believed he had followed her home Friday  
See Rape, Page 6A

## New agency would aid development

By NICK PFEIFAU  
Herald Staff Writer

SANFORD — The committee working on plans to improve Sanford's waterfront area has some evidence in hand.  
A 20-page document outlining aspects of establishing a Community Redevelopment Agency (CRA) for the waterfront and downtown Sanford area has now been prepared.  
Monday afternoon, the Sanford City Commission will be examining and discussing the document during the commission work session  
See Lakefront, Page 5A

## Students prove to be accomplished musicians

By VICKI DeBORMIER  
Herald Staff Writer

SANFORD — The young musicians at Sanford Middle School take their craft seriously.  
And it shows.  
Three young women were selected to be a part of the All-State Chorus and two members of the school orchestra have been selected to be a part of the All-State Orchestra.  
"It is an extraordinary accomplishment," said choral director Madeleine Zimmerman. "These are very accomplished musicians."  
Tiffany Gibson, Kim Huffman and Carol Do were three of only 200 seventh and eighth grade singers from across Florida to be chosen for the All-State honors.  
See Music, Page 5A



Singers Kimberly Huffman, Carol Do and Tiffany Gibson, (front, l to r) and musicians Amy Hunter and Aaron Hubbard were chosen for All-State honors.



## POLICE BRIEFS

### Home invasion arrest

Longwood police arrested two men Thursday following a call from a bank clerk when a check two men were reportedly attempting to cash, was found to have been stolen out of Daytona Beach. Police located two men in a van parked at the bank. The driver of the van, identified as Robert E. Sym, 30, whose address was unknown, was charged with uttering a forgery. Following an investigation and search of the vehicle, police found it had been stolen during an armed home invasion in South Daytona. Two 38-caliber handguns were said to have been found in the van, along with other items connected with the home invasion. Sym, who was found to have been a convicted felon in Alabama, was given additional charges of grand theft auto, possession of a firearm by a convicted felon, and grand theft.

Andrew L. Sawyer, 30, also with no known address, the passenger in the van, was also charged with uttering a forgery, grand theft auto, grand theft, and possession of a firearm.

### Disorderly conduct

Sanford police arrested Matt Hardeman Jones, 26, 1819-E Landings Drive, Sanford, at a restaurant in the 1500 block of French Avenue Thursday. Police said he had reportedly been involved in a physical altercation with other patrons of the restaurant. Jones was charged with disorderly conduct.

### Retail theft

Ricardo Hicks, 37, 2471 W. First St., Sanford, was arrested at a retail store in the 1700 block of West Airport Boulevard Thursday. Police said he reportedly had attempted to take a T-shirt, valued at \$12.99, out of the store without paying. He was charged with retail theft.

### Traffic stops

Merrill Wright Givens, 46, 4829 Shoreline Circle, Sanford, was stopped by Sanford police on State Road 46 west of Mangrove Thursday. He was charged with unlawful speed (58 mph in 35 mph zone) and driving under the influence of alcohol.

Julian Dickson, 18, of Orlando, was stopped on U.S. Highway 17-92 near Weldon Boulevard by Lake Mary police Thursday. He was charged with driving with a suspended license.

Timothy Wayne Pantan, 35, of 885 Heather Glen Circle, Lake Mary, was stopped by deputies at his residence Thursday. He was charged with having an attached tag not assigned, expired tag over four months, and unlawful alteration of a tag.

### Domestic cases

Christina Marie Stucker, 21, 4220 S. Orlando Drive, was arrested by Sanford police at her residence early Friday following a reported fight with her husband. She was charged with aggravated battery, domestic violence.

Randal Ray Young, 32, 481 Lakeshore Drive, Lake Mary, was arrested by deputies at his residence Thursday following a father-son dispute. He was charged with battery, domestic violence.

Vincent Edward Angus, 28, 5501 Lake Ave., Sanford, was arrested by deputies at his residence Thursday in connection with an altercation with a female. He was charged with battery, domestic violence.

### Warrants

James Bruce Knisely, 22, 705 Creekwater Terrace, Lake Mary, was arrested by deputies at his residence Thursday. He was wanted as a fugitive out of the state of Pennsylvania.

### Incidents reported to authorities

Sheriff's deputies are investigating the reported theft of 200 packs of cigarettes by two men early Friday, from a convenience store in the 4100 block of Orange Boulevard.

Sanford police said four tires and four rims valued at \$825, were stolen Thursday from an auto dealership fenced compound in the 3400 block of Orlando Drive.

Power tools valued at \$1,000 were reported to police Thursday at a residence in the 1500 block of Mellonville Avenue.

A VCR valued at \$80 was reportedly stolen Thursday from a residence in the 1100 block of Orange Avenue in Sanford.

Jewelry and money with a total value of \$1,900 were reportedly stolen Thursday at a residence in the 2400 block of South Oak Avenue in Sanford.

# Teen heads back to prison

By SANDRA BLAJOFF  
Herald Staff Writer

SANFORD — An Altamonte Springs teen-ager who served a little over two years in prison for the 1991 death of her father was sent back to prison by a senior circuit court judge for violating her probation despite her tearful plea to be reunited with her mother.

Judge C. Vernon Mize Jr. sentenced Tiffany Sanzo, 18, to five years in Department of Corrections Friday. The judge could have imposed a six-year sentence under the guidelines. With credit for time served, Sanzo's attorney speculated she might serve one to one-and-a-half years.

Telling the judge she admitted she was guilty of what she had done, Sanzo asked Mize to release her to her mother.

"She's the only one who really knows me," Sanzo said, her whisper-like voice breaking with emotion, "and she's the only one who can keep me going."

However, a family reunion was not to be. The mother and daughter are still under court order not to have any contact. Sanzo may petition the court to modify the sentence to allow her mother to visit her in prison.

Sanzo was convicted and sentenced as a youthful offender to four years in prison and two years probation for second degree murder and conspiracy to commit first degree murder in the death four years ago of her father, Wayne Sanzo. He was national president of the Warlocks motorcycle club.

Judge Alan Dickey was the trial judge in the case but is currently on medical leave and could not preside at the VOP hearing.

An arrest warrant was issued for Sanzo after a routine drug screen test was positive. Her probation officer also said the teen had not gotten her high school equivalency diploma, paid any court-ordered restitution or costs, had not gotten a job as ordered by the trial judge and she violated the law.

Before the warrant could be served, Sanzo was arrested in Orange County for reentering an officer without violence. She had not obtained permission to leave Seminole County when she was arrested, another provision of her probation.

Before sentencing Sanzo, Mize commented she had proven not to be a good candidate for probation.

Most judges would have imposed the youthful offender sentence on Sanzo because of her age, which was 15 at the time of the crime, Mize noted.

Assistant State Attorney Pat Whitaker asked the court to return Sanzo to prison in view of her admitted drug use and apparent disregard for the conditions of probation by not getting her education or a job as ordered.

"She's been out of prison 11

months," Whitaker told the court. "That's a long time not to have fulfilled any of those obligations."

"The state does not believe she is a law-abiding citizen," the prosecutor added, "and she should serve the remainder of her sentence."

Defense attorney Greg Pond asked the judge to place Sanzo on community control (house arrest) listing a litany of problems she faced when released from prison.

Barred by the court from any contact with her mother, Sanzo was 17 when she got out of prison with an eighth grade education, no work experience or job skills and no driver's license. She was a two-time convicted felon in a case that received national publicity. The Sanzo case was profiled on a nationally syndicated talk show in May, 1984.

During a hearing Wednesday, Sanzo asked to be placed with

her mother who has remarried and lives in Apopka. April Sanzo told the court her daughter could work in a restaurant she manages and get her GED nearby.

Pond also told the judge when Sanzo was basically destitute but unhappy with her living arrangements, probation officials told her to contact her

□ See Samee, Page 8A

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# Editorials/Opinions

## Sanford Herald

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### EDITORIAL

## A thump on the head

We are dismayed by the self-serving decision the majority of Sanford commissioners made recently, voting lifetime health insurance for themselves at the expense of the taxpayers.

Any commissioner at 62, after 10 years of service in this part time position, now receives free health coverage for life. Other area cities have policies on this, but none nearly so generous to elected officials. Employees who dedicated their working lives to the city also do not receive anything remotely as generous at retirement. At 60, they are ailed from the roster, because Medicaid kicks in.

Commissioner Whitey Eckstein and Mayor Betty Smith voted against the measure, a decision of sound fiscal judgment.

But, tak, tak, Messieurs Howell, McClanahan and Thomas. In a city constantly crying poor mouth when it comes to city employee raises; in a city with the highest millage rate in the county, a burden on home-owning taxpayers; in a city where the police chief must cut programs despite a skyrocketing crime rate, well, commissioners don't have to worry...if they get mugged after retirement, it won't cost them a dime for medical treatment.

We urge the current commission to reconsider this decision. Since the vote, Mr. McClanahan has retired (to now be insured by the city) and Kerry Lyons has replaced him.

We also urge taxpayers citizens to attend the Sanford City Commission meeting Monday night at City Hall. Some residents rallied to the cause, circulating petitions which will be available to sign, presenting the agenda scheduled to be presented to commissioners. It's the last item on the agenda.

In the leaner, meaner 1990s, across the nation, entitlements are the first place to look when government needs to make cuts. Why is Sanford adding one to the taxpayers' burden?

### LETTERS

## Annoying traffic

I live on Broadmoor Drive, the back road to Seminole Community College. It annoys me that my little brothers can't play outside in the front yard due to the heavy traffic and speeding. The county did put speed bumps on the road to slow the cars down but they don't really help. I know that lowering the speed limit won't help. But maybe publishing this letter will.

Steve Kemprowaki  
Lake Mary

## Kudos to columnist

Thank you for including the column that Marva Hawkins features each Sunday. I think that the information is very well-written. This column gives other black Americans information on what events and happenings there are in the city of Sanford. It also keeps the community informed on positive involvements within the community.

Vernelle Dillon  
Sanford

## Berry's World



NEXT - 'FARM SUBSIDIES'...

# Poverty fuels anti-social behavior

Coretta Scott King, widow of Dr. Martin Luther King Jr., indicated in a recent article that Americans are experiencing a "deep frustration" with the failure to control crime or break the cycle of poverty." Representative Also Reddick, keynote speaker for Sanford's eighth Interfaith Religious Observance echoed similar concerns.

State Representative Reddick, 39th District Orlando, had some direct challenges for African-Americans and banking interests in this community. Economics, poverty is a big factor in exacerbating the social problems in which so many African-American youth have become entwined.

There is something wrong with a banking system when building shopping centers takes priority over financing small businesses and homes. This is particularly striking when one observes all of the empty shopping centers throughout Central Florida.

He stated emphatically that something is wrong in the African-American community when eight out of 10 African American babies in Florida are born out of wedlock. We need to return to valuing employment above public assistance and affirm it is more honorable to accept a job as a chambermaid than to receive Aid to Dependent Children assistance.

It is alarming that 58 percent of black males in Florida are in jail. This is grossly disproportionate representation in the prison population given the fact that black males in Florida are about six percent of the population. These statistics represent individuals and cry out for African-American leaders locally to come together to develop strategies for reversing this trend.



SEMINOLE OPINION

LURLENE SWEETING

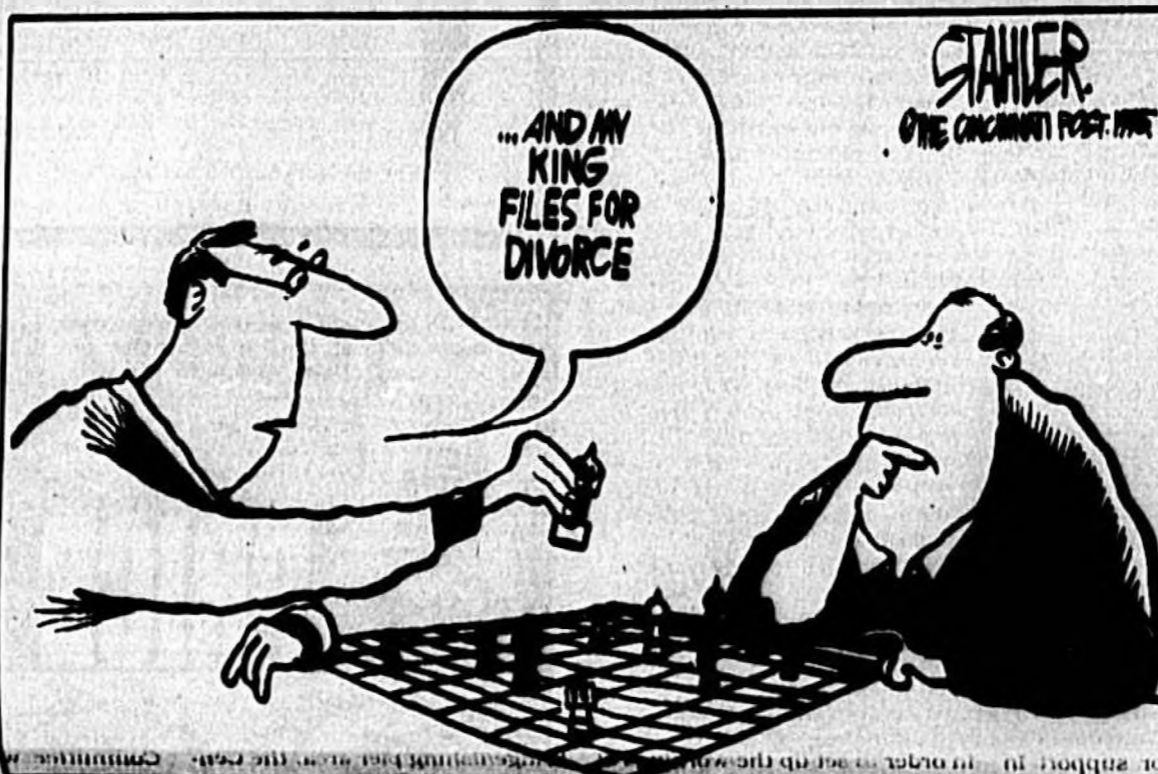
Reddick has endeavored to create jobs and make home ownership a reality for all Floridians since his tenure in the Legislature. He has sponsored the following legislation: Tourism, Enterprise Florida - an economic development plan for the state of Florida and Credit Deficiency legislation. Although he is a 100 percent Democrat he strongly subscribes to some of Jack Kemp's ideas in these areas.

Jobs and home ownership are essential components in reducing anti-social behavior. Banking interests can assist in financing businesses and making home ownership available to more families. Many citizens need homes and Credit Deficiency legislation was designed to permit families without the best of credit ratings to own their own home. He acknowledged that Sun and Barnett banks have given some support to his efforts.

Reddick asserted that the price of real leadership is to speak the truth. Dr. Martin Luther King Jr.'s vision for America cannot be realized as long as the violence to mind, body and spirit perpetuated by economic poverty is not curtailed. Poverty fuels the flames of anti-social behavior in our community.

African-American leaders in Central Florida must unite with missionary zeal to confront the issues that are destroying the lives of so many of our youth. Reddick is willing to sponsor a summit to develop plans for providing direct aid to families in distress.

Step one might involve adopting an elementary school and a housing project and becoming acquainted with each family. Working with each family to assist them in identifying their goals and objectives, and thirdly, making it possible for them to work toward achieving their goals.



## What can new political order do?

Okay, last week we talked about what the composition of the new legislative powers that be would not be able to accomplish because of political expediency. This week we need to address the possibilities of what they might be able to do. Now accepting that I am leaning more towards referring to "they" as the conservative majority, comprising politicians from both the Republican and Democratic parties, what frankly concerns me most is the sleek and burn mentality which has traditionally been the narrow-minded cognitive results of such stringently defined types. The "if it doesn't produce tangible or profitable results" thinking which has been the unfortunate downfall of this country far too many times over our 200-plus year history is the traditional limiting viewpoint to which I am of course referring. As examples of what might be, let us view the effects of proposed budget cutting upon three areas. The humanities, the welfare system, and in a related area, broad spectrum economic development.

For the last 30 years or so, the children of America have been prepared for school entrance in varying ways and styles, but one thing which has remained a constant through most of their pre-scholastic training experiences, is Sesame Street. This radical and wholly absurd little show, airing as it does one to two times daily on most public broadcasting stations, has caused the vast majority of our children to reach school with more basic knowledge upon their first days in class, than most of those in my age group had after the first three months of our respective beginning grades. Such children enter school knowing their alphabets, a little reading, colors and even some counting skills, a fact which has ultimately caused most school curriculums to have to upgrade their programs or take into account. And now Public Broadcasting System is threatened with the full or at least the major cutting of their public funding. Why? It's far cheaper to pass on this knowledge through the broadcast media than in classrooms. It just doesn't make sense. Perhaps it's the fact that some of PBS's programming requires an intelligence quotient of at least 80 to comprehend (certainly that would explain Mr. Helms' opposition). No, in point of fact, it is simply an easy target for the budgetary knives. From Sesame Street to all the publicly funded arts programs still in existence, as none of them produce any profit, what possible reason could there be to keep throwing money down their bottomless pits? To the budget cutters out there, the arts are an unnecessary luxury which we can ill afford during these hard economic times, and so no one will miss them as long as they are replaced by a new industrial zone in East Nowhere, New York, right?

And then we get to the welfare system. Yes, it is a grossly overfunded and deplorably managed system of governmental handouts, and I have yet to hear of any practical resolutions to effectively improve or end the system. The problem with many of our newly empowered conservative friends in Washing-



SEMINOLE OPINION

DAVID GEOFFREY COE

ton is simply that they think fondly back upon the days of the CCC, WPA, (and large orphanages). Sure, they put a lot of people to work, and yes, a great deal was accomplished by their implementation, but ultimately, it took a world war to finally shake this country out of its economic doldrums (it's in the history books). Unfortunately, unless we want to institute one of the latter, we are stuck with our current public support system until such time as a workable substitute is devised. And for that to happen, folks, will take a whole lot more intelligence than was ever employed to back the failed efforts of the universal health program of the current administration. Sure, cut the money to the next welfare child, but what will that do to the crime rate, hmmm? Yeah, you can build prisons to take care of that problem but with an average cost per inmate per annum of some \$48,000, welfare turns out to be infinitely cheaper.

Economic redevelopment? Well, what can I say. In a world where a good paying job is now turning out to be achieving assistant manager of a fast food outlet, (and therefore barely one step above being on welfare), perhaps if someone finally figured out how to make this country more competitive rather than to simply make things cheaper by cutting away things like safety requirements and workers' standard of living, then maybe we could get back to being an economic world power again. The conservatives would dearly love to cut away all governmental restrictions and let the market rule itself, but truthfully, if such were allowed to happen with our ever interlocked global economy, then the Depression which rocked this world in the '30s would seem like a picnic compared with what probably would result. Just like one can never do more than "look" younger, it is also true that we cannot reverse course. Whether or not we can improve our economy in the short run by cutting red tape is not really the issue to debate folks, the real question is can we afford such backtracking in the long.

Okay, now there's just three little items for you folks to think about this week but there are lots and lots more just waiting around the legislative corner. Maybe the Republicans or the Conservatives or whatever term you wish to utilize to define our new political order will in fact accomplish something positive in the near future. But you know what? They won't unless we keep them under our scrutiny ... politicians hate things like that.

### JACK ANDERSON

## Anti-sanctions tide in U.N.

UNITED NATIONS - In closed-door consultations of the 15-member Security Council, the United States is fighting an increasingly lonely battle against lifting U.N. sanctions imposed against Iraq in 1990.

Other members, led by France and Russia, are anxious to certify that Saddam Hussein and Iraq are in full compliance with the conditions of the sanctions. That's at least in part because these countries stand ready and eager to reap the harvest of Iraq's largely idle oil fields.

The very prospect of reopening Iraq is alarming to Ambassador Wolf Ekeus, no-nonsense Swedish diplomat who heads the U.N. Special Commission for the Disarmament of Iraq. He has been Saddam's prime nemesis since the end of the Gulf War. The commission has been conducting arms inspections since 1991.

Ekeus concedes that Iraq has been quite cooperative in the last year or so. Saddam is no longer lying on the same scale as before, and he has stopped blocking inspectors or permanent cameras in some of the key facilities, as required by the U.N. resolutions.

For all of Iraq's "cooperation," Ekeus is not excited about the prospect of a regenerated Iraq. Despite the dismantling of Iraq's once-mighty arsenal, Ekeus once explained to a small gathering in Washington that "the capabilities" are there for Iraq to fully rearm, including "the supply system, the banks and the money." When the oil embargo is eventually lifted, Ekeus said, "Iraq will get all the cash and that will be of great concern. With the cash, the suppliers and the skills, they will be able to re-establish all the weapons programs. They will grow up like mushrooms after the rain."

Julius Kroll, whose company has been hired by the Kuwaitis to identify hidden Iraqi assets abroad, agrees with Ekeus.

"The network and the arrangement that was set up (by Iraq) in the years prior to the August 1990 invasion of Kuwait still exists," Kroll recently told a congressional panel. "Some of the players have changed, but the strategy is essentially the same. Many of the same businessmen who were operating in France, Germany, the United Kingdom, Switzerland, Austria and other countries, are still there."

Over the past year, businesses from several countries have slipped into Baghdad, trying to be first in line when the sanctions are lifted. Sources told our associate Dale Van Atta that the French and the Russians are first in line because they have been Iraq's chief allies in the secret "informal" consultations of the Security Council. China is described as "going along" with them.

China, Russia and France account for three of the five most important members of the Security Council - the "Perm Five," as diplomats call them here because any one of them can veto U.N. decisions. A fourth member, Great Britain, still sides with the United States, though British resolve is weakening. Sources here say their stance is becoming more of a favor to the United States than an independent position.

Trade delegations have visited Iraq not only from Russia and France, but from Japan, Italy, Spain, Canada and Brazil, according to our sources. Oil companies from Germany, Greece and even Great Britain have been dickered in Baghdad over oil exploration and marketing rights.



That's in part because these countries stand ready and eager to reap the harvest of Iraq's largely idle oil fields.



### Standards too high for obesity drugs?

SILVER SPRING, Md. — Dr. George Bray is stuck: He can't help a 17-year-old girl who has attempted suicide three times since she ballooned from 98 pounds to 310 after a tumor stymied her body's metabolism.

There is no good medicine to help 70 million obese Americans lose weight and keep it off — and the Louisiana doctor fears the government is impeding the search for one by setting too high a standard for obesity drugs.

"If you make the barriers too high, we won't have any drugs at all," Bray, with the Pennington Biomedical Research Center, told a Food and Drug Administration hearing Friday. "That would be a catastrophe."

Meanwhile, he said, his patient will die "before she's 20 ... without something to treat her."

Specialists say the United States is undergoing an epidemic of obesity, a chronic disease that kills some 300,000 Americans a year through diabetes, heart disease and other complications.

### Garden

Continued from Page 2A

this yard. We are really encouraging the smart usage of water." Cannavino's lawn exists only in the middle of the front and back yards. For natural beds, Cannavino recommends killing the grass, but not pulling it up; that's too much work. Cover the dead grass with compost, plant and mulch.

Cannavino said not to be afraid to experiment. "never be afraid to try something." A large weeping willow, "that was not supposed to do good," flourishes near the edge of the lake. The tree was plagued one year by the willow beetle that was eventually eliminated by a predator wasp, "a form of natural pest control." In a tour of her yard she points to this plant and that: the subjects of an experiment. Most have flourished. She plans an arbor with climbing roses, another experiment, as she puts it.

One thing that Cannavino has excelled in is the growing of herbs, such as the "few" that were currently growing in her

winter garden: Mexican tar- ragon, rose geranium, comfrey, pineapple sage, parsley, basil, rosemary and lemon balm. "Herbs are so easy, I recom- mend to everyone in Florida to put them in the shade." Can- navino not only uses a lot of herbs in cooking, but dries a great many to use in potpourri.

Other plants and trees include coreopsis, the state flower, lemon verbena, Leyland cypress, dogwood, shasta daisy, sweet gum, azaleas and camellias. Cannavino likes "old fashioned" flowering plants, such as the "cracker" rose, which is a more common name for the "Louis Phillipe," which was brought to America more than two hundred years ago. Cannavino said it requires little maintenance, grows into a clumpy bush and flowers all year round.

Cannavino has quite a reputa- tion for her passion for garden- ing and trying new things. She said, "I have a tendency to move large plants. My mother laughs and says, 'if it doesn't grow on the end of a shovel, it doesn't belong in Bette's yard.'"

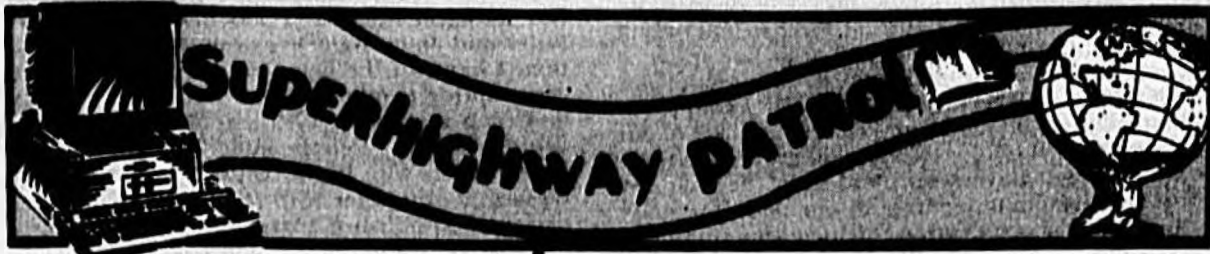
## Jumping on the superhighway

By J. MARK BARNFIELD  
Herald SHIP Patrolman

A couple of weeks ago, I gave you a glimpse of the components of the Internet as it stands now. If you recall, the Net is actually a collection of different computer networking systems accessible from desktop computers. This week, will introduce you to the basics of getting connected. As I warned you, it's not easy. You have to tinker a bit and type stuff in boxes and hold your breath and light candles or whatever it is that you do for good fortune. If you're lucky, or blessed, this stuff will work right off the bat. If you're not so fortunate, you may have to call for help. But don't worry, if I can do it, your 13-year-old kid can do it. He or she can help you.

For home and small business people (and tall ones, too) getting connected to the Net requires a computer, modem and at least three programs. The modem, a computer's telephone, should be as fast as you can get or afford. Like all things computer, the bigger the number, the faster — and more expensive — it is. I would recommend at least a 14,400 bit-per-second modem, usually called a "14.4." Slower modems, such as the 9,600 bps and 2400 bps versions which were popular a couple of years ago move data along the Net too slow. A typical World Wide Web page with full-color images takes a minute or two to come up on my computer equipped with a 14.4. A slower modem would probably lead me to homicidal thoughts as I'm waiting. A 14.4 modem now costs less than a \$100. A faster, 28.8 modem costs around \$200. It's up to you and your pocketbook.

Now, things begin to get chal- lenging, although if you can get your modem to work, you're half- way to the "whiz" category. The next bit of software you need is a



telephone call. In this case, to a "Net access provider. Windows comes with Terminal, which is adequate to get connected. Macintosh computers don't come with such built-in software, but will likely come with a modem. With a terminal program, you first need to tell it what kind of modem you have. Next, you need to type in the telephone number of the provider and some other stuff such as "8" and "N" and "1" to set the "data bits," "parity" and "stop bits." Don't worry about what these mean. Just remember to most common settings are 8 data bits, no parity and 1 stop bit. If that doesn't work, 7 data bits, even parity and 1 stop bit.

Time to plug in...

Now, things begin to get chal- lenging, although if you can get your modem to work, you're half- way to the "whiz" category. The next bit of software you need is a

"socket." A socket enables your computer to become a part of the Net. With the use of addresses that look like [markb@net.net](mailto:markb@net.net) (my address) and some other stuff we'll get to in a minute, anyone in the world who knows these details can contact your computer in one way or another. A socket does not come with current versions of Windows or on a Mac. It does come with the new OS/2 Warp and it will come with Windows 95. I use the Win95 Socket and it works fine.

For now, here's how you get your socket. For Windows PCs, you can buy an Internet access program which includes one such as Internet in a Box or Superhighway Access. Or, you can sign up with a Net provider which allows you to "download" it from their system using your terminal program. Teresa Israel of CyberGate Inc. tells me Mac users must get their socket in either the 7.5 ver- sion of the Macintosh operating

system or buy MacTCP separately for about \$60. Or, you can use NETCOM On-line which does all this stuff internally. NETCOM provides its NetCruiser front-end and saves you much of these hassles.

Now, you need to contact an access service and get the follow- ing information (unless you're using NETCOM):

1. A personal identification "user name," which you'll choose your- self.
2. Your password, which you'll also choose.
3. Your IP number, which could be 0.0.0.0 or nothing.
4. The service's name server num- ber, which is another four-part number separated by periods. There may be two of these numbers, called cleverly enough, "Name Server 1" and "Name Server 2."

See Computers, Page 7A

### Rape

Continued from Page 1A

evening, the report said.

During the attack, Trotman allegedly pushed the victim on the floor, and placed duct tape over her mouth, covered her head with a pillow case, and tied her hands behind her back, the report said. The victim also told police that Trotman had threat- ened her with a knife.

A neighbor of the victim told police he had noticed a suspi- cious man sitting in a black car when he arrived home from work. He was seen leaving the car a short time later, the neighbor saw a man he later identified as Trotman running across a parking lot, getting into the car, and driving away.

When police interviewed the neighbor, he gave them the license plate number and a police check linked the plate to Trotman.

Trotman was located at a fast food restaurant on International

Speedway Boulevard in Daytona Beach, where he is the restau- rant manager.

The Volusia County Sheriff's Office obtained a search warrant for his home and car Friday, and obtained evidence they believe is pertinent to the alleged rape.

Seminole County deputies questioned Trotman for several hours Friday night on the assault.

Late Friday evening, the neighbor who provided deputies with the license plate number positively identified Trotman as the man he saw near the crime scene.

Additionally, the victim iden- tified Trotman's voice as the voice of the man who had raped her.

Trotman's made his first ap- pearance Saturday in the court- room of the Seminole County Correctional Facility.

He is being held without bond on charges of armed burglary, kidnapping and sexual battery.

Stuff and more stuff...

Ok, you got yer computer and you got yer modem, next you'll need several programs to make the connection. First, you need a terminal dialer program, which enables your computer to make a

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### Lake

Continued from Page 1A

County, but we check (contaminant) levels there every month. If levels are up in Lake Jesup, all that water flows north into Lake Monroe, into the St. Johns and all the way up to Lake George. It is infectious, so to speak."

Among the displays were charts that Kromer had prepared that showed levels of Chlorophyll a, Phosphorus, and Coliform bacteria to be high in Lake Jesup. The levels he showed were based on 1993 information.

"But it hasn't gotten any better," he said.

Meanwhile, James L. Hulbert, director of the Surface Water Ambient Monitoring Program of the state's Division of Water Management, said he believed that there was a real interest on

the part of government and individuals in saving Lake Jesup.

"There is a legislative man- date," he said. "It is with their support that we are doing this."

The Friends of Lake Jesup planned to stick to their task throughout the afternoon and work until they had a viable plan they could submit to the state environmental officials.

"We need to get underway with this," Harden said.

Prioritizing the lake's needs is necessary before anything can be done, Harden said, because of financial considerations.

"We have to know what to do we know what can be done with one, two, three years of legislative funding," she said. "This is just the first step in the process."

### Music

Continued from Page 1A

According to Zimmerman, the selection process is a true test of musical knowledge and skill.

"These are not just young ladies with pretty voices," she noted. "They really know music."

The young singers were re- quired to take a music theory test, to sight read music (pieces they had never seen before) and to sing selections for which they had prepared.

"It's very rigorous," Zim- merman acknowledged.

There were seven students from Sanford Middle who took part in the selection process. All those students who tried out were "well-rounded musicians," she said.

Usually, no more than one or two students from a school are selected. Because an extra seat in the state chorus became available, Sanford Middle was allowed to send a third student.

"We were thrilled with the opportunity," Zimmerman said.

The All-State Chorus is sponsored by the Florida Vocal Association and the Florida Music Educators. The chorus performed for the convention those groups held earlier this month in Tampa.

"It was a lot of hard work for these girls," Zimmerman said. "It was not a weekend off. They practiced many hours and put on a strong performance."

Tumpet player Amy Hunter and clarinetist Aaron Hubbard had to audition before a state panel and do some sight reading exercises as their selection process to be taken for the All-State Orchestra, Zimmerman said.

"Their performance with the others from around the state is coming up," she said. "They are certainly an honor for them and for Sanford Middle."

This is the first time, Zim- merman said, that so many Sanford Middle musicians have been selected to for All-State performances.

"We are very proud of all of them," she said.

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CASE NO. 94-288-CA-14 E

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GENERAL ASSIGNMENT DIVISION
CASE NO. 94-288-CA-14 E

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# People

# C

## AROUND



## TOWN

# Club donates \$\$ to charities DAR reviews stress; Italian night coming

The major annual fund-raiser of the Junior Woman's Club of Sanford is the Kasino Klassics. Recently, the club dispersed profits from the gala benefit to the following charities:

Rescue Outreach Mission — a facility which provides food and shelter to the homeless. The mission serves over 5,000 meals per month as well as giving over 300 boxes of Thanksgiving dinner in addition to Christmas dinners, according to Sandy Gorman. Last year the mission distributed over 600 toys to needy children.

Carolyn Cooper and Sylvia Drake attended the club's general meeting to accept the donation and tell the club about its new woman and children's facility, "The Open Door Woman's Center," which will be capable of housing women for up to one year. Finished plans for the new center were also on display at the meeting for all to see.

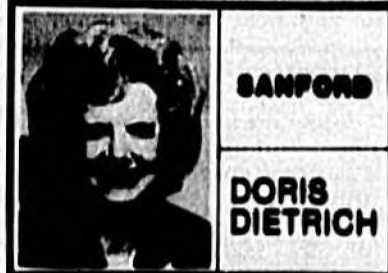
Serenity House pediatric AIDS Foundation founder Charlene White updated the club on her new facility which has been in use since May. White, who has personally adopted four AIDS-infected children and fostered over 100 in seven years, spoke of the increasing need of her facility. The first year she helped 22 AIDS-infected and affected children and their families, and as of November of this year, has increased to 260.

A donation in memory of Elliott Krasnoff, husband of club member Kathy Krasnoff, was made to Hospice of Central Florida. Representative Terry Knox explained the services and support provided to the terminally ill by Hospice including



Tina Lee, president of the Junior Woman's Club of Sanford Inc. (from left), congratulates the recipients of the club's monetary awards resulting from the annual Kasino Klassics co-sponsored by

the Sanford Rotary Club: Carolyn Cooper, Rescue Outreach Mission; Terry Knox, Hospice of Central Florida; Charlene White, Serenity House; and Sylvia Drake, Rescue Outreach Mission.



SANFORD  
DORIS DIETRICH

transportation and chaplaincy services for families. Despite all the donations Hospice receives, they run on an annual deficit of

approximately \$100,000 in the Children's program and twice that for Hospice House.

Other organizations receiving donations were St. Jude's Foundation Children's Hospital which has provided services to children in Seminole County, The Christian Sharing Center, Safehouse of Seminole, Central Florida Zoo and the Hacienda Girls Ranch.

The Juniors and Sanford Rotary are gearing up for another successful Kasino Klassics which is scheduled for March 24.

### Doctor addresses stress for DAR

Dr. Richard Robitaille, chiropractor and neurologist with offices in Altamonte Springs, spoke to Sallie Harrison Chapter members Friday at their monthly meeting held at the Sanford Museum.

"Stress" was his subject and Dr. Robitaille advised stress is recognized as the biggest health risk today as the stress of today's world is the beginning of many

□ See Dietrich, Page 3C

# LaSertoma plans April fashion show

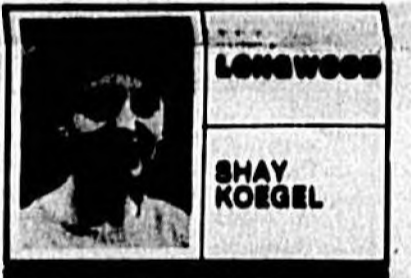
La Sertoma is an international organization devoted to personal and community growth. Service clubs are located throughout the United States and in Puerto Rico, Canada and Mexico. The local club, Greater Seminole La Sertoma, was chartered in 1977 and is in its 17th year of service activities. This group of active and inspired women contribute to many community services.

Locally, the club participates in fund-raising and gives

numerous hours of dedicated service to various charities. The organization's primary fund-raiser is their annual fashion show and brunch which will be held this year on April 29 at the Timacuan Country Club in Lake Mary. This show requires several months of planning and hard work; the committee heads had their first organizational meeting for the fashion show on Jan. 12. The group is also fun-loving as they will join with their sister

group, the Deltona La Sertoma, for a fun day on a cruise this Jan. 21.

Current benefactors of the Greater Seminole LaSertoma include: the Spinal Bifida Foundation which fights this disabling disease that afflicted Laurie Hardgroves, the granddaughter of the late Fran Daucher, who was a charter member of La Sertoma; the Christian Sharing Center; relies on this organization to restock



LONGWOOD  
SHAY KOEGEL

their supplies of food and clothing when needed; Camp Endeavor, a summer camp for children with speech and hearing defects; the Grove Counseling Center, Inc., a drug abuse prevention and treatment center for adolescents; the Lakewood Adult-Care Center, a treatment center for mental illness; the Seminole County Prison Ministry; Seminole County Speech and Hearing programs. In addition to its local sponsorships, the club also participates in La Sertoma International's sponsorships, i.e., its youth service program, and its scholarship program for young people and the Foundation for Speech and Hearing Defects.

The Greater Seminole La Sertoma welcomes new members at all times throughout the year to serve the community and rejoice in their fellowship. The motto of the club is "Working Together for Others." If you have any questions or would like

□ See Longwood, Page 3C



The fashion show committee of the Greater Seminole La Sertoma Club is as follows: Nancy Chenet, Marilyn Armstrong, Terri Gunter, Alice Jarrell, Mary Sciuto, Ann Shea and Cynthia Miller.

King Scott Register and Queen Diana Leal reign over festivities at Greek-Roman Day.

# 6th graders mark Greek-Roman Day; AARP installs

The annual sixth grade Greek-Roman Day was held Friday, Jan. 13 at Greenwood Lakes Middle School. The day began with opening ceremonies. A costume contest followed. There were 12 categories: Prettiest, Most Handsome, Most Goddess-like, Most God-like, Funniest, Silliest, Most Authentic, Most Colorful, Most Elaborate, Most Unique, Best All-Around Girl, Best All-Around Boy. The costumes, all toga based, were as varied as the entrants.

After the contest, the king and queen of Greek/Roman day were chosen. After the king, Scott Register, and the queen, Diana Leal, were crowned, they took a victory walk around the gym.

The Greeks and Romans then retired to the cafeteria for an appropriate repast of pastitsio.



LAKE MARY  
MARY ROWELL

tabbouleh, pita bread, Greek salad, pizza and baklava. All the food was good but the sixth graders had a definite preference for the pizza.

After lunch, Mrs. Cutshall's group presented a play. The play, "Wayne's World Meets the Greek Gods," included vignettes such as the Miss Prefix Pageant, the Dating Game hosted by Cupid, Name That God, and

□ See Lake Mary, Page 3C

# Registration to open for Zora Neale Hurston Festival

Zora! The Sixth Annual Zora Neale Hurston Festival of the Arts and Humanities will be celebrated Jan. 26-29 in Eatonville. The theme is "A Reflective Look at the Black Aesthetic." Registration is Thursday, Jan. 26 at the Radisson Plaza Hotel, Orlando.

The following schedule is announced:

Jan. 26 — In "Conversation," 7:30 p.m., Hungerford Elementary School Cafeterium. Guests are Etta Moten Barnett, Hurston Contemporary and Broadway star, William Warfield, word renowned vocal artist; music and dancing, also featuring Evelyn and Jesse Stone.

Friday, Jan. 27, the official opening of the Street Festival of Arts. "Education Day" features storytelling with Jackie Torrence, "the story lady." In the children's corridor, "Jump at the Sun." Hurston and her



SANFORD  
MARVA HAWKINS

Eatonville roots (museum exhibit); wildlife presentation by Tiger's Eye Productions; music to be presented by Dr. Portia Maultsby, Afro-American Studies Department, Indiana University, and Greg Tate of the Village Voice, New York, N.Y.

On Friday, 8 p.m., a gala performance of "Zora Neale Hurston" will be held at the Annie Russell Theatre, Rollins College, Winter Park. It stars Elizabeth Van Dyke, award-winning actress of Broadway

star-studded productions.

The Saturday Street Festival of Arts will continue from 9 a.m.-5 p.m., Eatonville. Saturday night banquet speaker at 7:30 p.m. is actress Phylicia Rashad. Tickets are available by calling the Zora Neale Hurston National Museum, 647-3307 or 647-4006. Sunday morning worship service is 8:30 a.m. at the New Life Center Church, Eatonville.

### Wrights return home

Mr. and Mrs. Wesley Wright are at home for the winter months. They are enjoying the warm Florida weather after spending many years of the cold winters in Hyannis, Mass. It's great to have the Wrights at home for a few months; many will remember Mrs. Wright as the former owner of Snow's, where you could get the best cooked food in Sanford.

### Appreciation service

Today at 4 p.m. there will be a district appreciation service for the Rev. Alto Sconiers, Holy Trinity Church of God in Christ, Mangouline Ave. Guest speaker for the service will be Bishop M.L. Sconiers, prelate of western Florida Churches of God in Christ, Orlando. The Rev. Johnnaaron Henderson is first assistant superintendent of Emmanuel District.

### Anniversary observance

Zion Hope Missionary Baptist Church Deacons Board will observe their annual anniversary today at 3 p.m. The guest speaker will be the Rev. Charles Jones of Mt. Zion Missionary Baptist Church. The Sanford Community Workshop Choir will render the music for the occasion. Mrs. Berniece King is president, the Rev. Elias Caffey is pastor.

### Gospel revival

"Alive in '95" Revival with evangelist Beverly Crawford of the Bobby Jones and New Life Singers. Come and praise the Lord, sing, shout and rejoice as this renowned gospel messenger and artist fills our hearts with joy. The Second Shiloh Baptist Church, 2150 Airport Blvd., will host this great gospel revival Feb. 2, 3, 4, 1995 at 7 p.m. each evening. The revival will also highlight The Sanford Community Workshop Choir under the direction of Vernon "Papa" Jones and Mary L. DeBooe. The Rev. R.T. Davis is pastor.

### Benefit musical

The Sanford Community Workshop Choir will host a benefit musical program for Janice Smith on Saturday, Jan. 28, at Allen Chapel AME Church, located at 1203 Olive

Ave., Sanford. The program will begin at 7:30 p.m.

Ms. Smith is a single mother of five children who lost their home to a tragic fire earlier this month. She and her young children escaped with their lives and the clothes on their backs.

We are asking all area churches, organizations and concerned citizens to please help in this cause by making a financial donation to this family in order to help them get into another home.

Please make all checks payable to Ms. Janice Smith.

Vernon Jones, director, and Mary DeBooe, president of the choir, thank everyone for their kindness and participation in this worthy cause.

(Marva Hawkins is a Sanford Herald correspondent covering Sanford news. Phone: 322-8416.)



Herald Photo by Susan Wenner

Maxie Davis shows one of her bedrooms and her creativity: Quilted bedspread, crocheted pieces, lamp and wallpaper.

## Hobby: Creativity

### Working with her hands, she's a born decorator

By SUE WENNER  
Herald Correspondent

SANFORD — Working with her hands is a God-given talent that Maxie Davis considers herself blessed with. Her hands are busy daily with anything from sewing, quilting, wallpapering, macrame, crochet, woodworking, refinishing furniture, cooking to paneling. Much of her work is now accomplished without the aid of a pattern. Much of her projects have been given as gifts to others or are still in the production stage.

Although she manages a juggling act keeping up with her 37-year marriage to her husband Bill, her four children, Debbie, Beth, Michael and Jeannie and nine grandchildren and the family dog and cat. Much attention is also given to the daily care of her grandson whom she affectionately refers to as, "knot head." The family has been faithful in their service and worship to God with Wekiva Assembly since the church started some 11 years ago.

Davis expressed that many times she has made an effort to work outside of the home but God led her to continue where she remains. "I feel taking care of my grandchildren and family is what the Lord wants me to do."

Sewing was the first one of her many expressions as a child and her mother was named as the biggest contributing factor in her interest. "My mama was one of the best seamstresses in the county where we lived," she said. I remember sitting by my mama's sewing machine when she was sewing. That was before I started to school. I would take the scraps and make doll clothes. When I made the clothes I didn't use a pattern. I'd just put the material next to them and design a dress and then sew it up."

At the age of 13, Davis recalls making her first outfit. "I made a dress for myself," she said. "Another time my aunt used a pattern first and then let me borrow it. She asked me how come yours looks better than mine. I was quick to tell her that I followed the pattern. I made a shirt by hand when I was in the seventh grade for a 4-H club project."

Many of the sewing endeavors that Davis has worked on beautifully grace her Sanford home. A peach satin awag hangs in her living room. Deep

rose taffeta curtains and tablecloth brighten the dining room. Country blue curtains, a lamp shade, wallpaper work as well as a quilted bedspread, all crafted by Davis, dress up her guest bedroom. A tour through her home reveals painting projects, refinished furniture, wallpapering, crocheted dollies and a closet full of macrame.

"I love wallpapering, decorating, reupholstering and curtain-making most," she said. "I like to do carpentry-type work, refinishing antiques, building bookcases and hanging paneling." Davis told of a home they lived in previously that was completed with paneling work in four bedrooms by her skillful hands.

Davis' children and grandchildren have enjoyed her sewing projects for stuffed pillows. "I've made pillows for the grandkids," she said. "Before the kids left home I covered pillows for all of them."

Crocheting is another skill that Davis enjoys. "I have been crocheting since I was 11 years old," she said. "I was out of school sick for a week then and my mama taught me to crochet. I taught my brother when I was 13. He was about 12-years old." She proudly displays her crochet dollies on her furniture and spoke of the pineapple stitch involved with a few of them. "I don't do afghans," she said. "I use bedspread thread. I like the dainty and pretty pieces."

Speaking of dainty and pretty, Davis spoke about the frequent request for her sewing expertise on friends and family's bridesmaid dresses. "I love making bridesmaid dresses," she said. "The fancier, daintier and prettier, the better." Davis is presently working on a quilt for her daughter made from scrap pieces of fabric from her daughter's bridesmaid's dresses.

Her closet has been the resting place for some of her macrame creations. She has a six-foot macrame hanging that is decorated with blue beads on white thread. Another hanging measures about three feet of thread in shades of white, pastel blue and pink with beads of horses. Carrying out a family tradition and following in her mother's creative footsteps is something that Davis feels proud of and very comfortable in doing. She hopes to pass down some of her creativity to her children and grandchildren.

## Dietrich

Continued from Page 1C

physical problems, according to Virginia Powell. Type A people are more susceptible to stress which affect the blood and organs, he said.

Relief may be obtained by eating well and Dr. Robitaille said the necessary proper nutrition was very important. Exercise and sleep also play a large part in the relief of stress. Chiropractic practice emphasizes three phases of care — to relieve pain, stabilize the patient, and rehabilitate the connective nerves and tissue.

Regent Virginia Mikler presided over the meeting and opening ritual with the singing of the Star-Spangled Banner led by Betty Steffens. Lourine Messenger presented the Constitution minutes followed by the president general's message read by Pat Fox. Guest Nancy Henson of Atlanta was recognized.

The national defense message was presented by Heidi Haines and her topic was "New History Standards." She advised the new standards focus on America's shortcomings instead of its achievements. Former Education Chairman Lynne Cheney has denounced the standards. Ms. Haines urged all members to write their congressmen to discourage support of these new standards.

Registrar Cathy Wiley introduced guests, Evelyn Renfro and Linda Condrey. Heidi Haines accepted the post of vice regent upon the resignation of Alynne Faughnman who moved to Williamsburg, Va.

The Fort Mellon Chapter of Children of the American Revolution will be reorganized with a meeting Feb. 11 at the Museum of Seminole County History, at 1 p.m. Contact Mary Jane Durycia or Alison Durham for details.

Announcement was made by the regent of a tea honoring Mrs. Charles Kemper and Mrs. Anthony Dobranski to be held Jan. 22 in Mt. Dora at the home of Mrs. Harry James. Also a President's Day luncheon will be held Feb. 25 in Lady Lake. Reservations are required.

A memorial service was held for Beatrice E. Tourtillott, corresponding secretary. Betty Steffens has a videotape of the renovation needs of Constitution Hall in Washington D.C. Contact her if you wish to view the tape.

Thanks were expressed for the delicious refreshments provided by Grace Marie Stinecpher and Mildred Lind.

## Italian night coming

Just thinking about it titillates the taste buds. What else, but the annual Italian Night sponsored by the Woman's Club of Sanford Inc.?

Club members are getting in high gear over the event which is



Herald Photo by Herman Schroeder

## First United Methodist Church Youth Group presents a musical, "Friends Forever."

scheduled on Friday, Feb. 17, at the clubhouse, 309 S. Oak Ave. Serving hours are from 4 to 7:30 p.m. Tickets are \$5, adults, and \$3, children. Carry out service is also available.

Patrons will think they are at a quaint cafe in Rome when they get a glimpse of the clubhouse which will definitely reflect, "Now, that's Italian." Members of the Junior Woman's Club will serve as waitresses. Surprise entertainment is in store as well as door prizes and congenial company.

The menu will feature spaghetti served with a savory meat sauce, tossed garden salad, toasted garlic bread and wine for those who so desire.

Mary Dale Jones is chairman of Italian night and her committees are as follows: Betty Halback, tickets; Libby Prevatt, Jean Williams and Frances Mitchell, decorations; Thelma Smith, bread; Shirley Mills, organizing workers; and Peggy Teten.

Tickets are available at the door or from any Woman's club member.

## Happy birthday, all

It was "Happy birthday, Everybody," last Sunday night in Fellowship Hall of the First United Methodist Church. According to Herman Schroeder, 12 tables were set up and appropriately decorated for each month of the year. Church members sat at the table representing their birthdays.

After dinner and the cutting of the birthday cake, the youth of the church, under the direction of Lori Gaugh, entertained with a musical, "Friends Forever." The youth group has presented this musical on four as far away as Fort Lauderdale, according to Herman.



Herald Photo by Herman Schroeder

Lori Gaugh (left), youth director of the First United Methodist Church of Sanford, and Jessi Howard cut birthday cake honoring all church members.

## 'Hearts and Harmony'

Calling all super citizens over 50.

The Sanford Senior Center and the Over 50 Club will host a special Valentine dinner, dance, "Hearts and Harmony," on Sunday, Feb. 12, at the Sanford Civic Center. A full dinner buffet will be served

(quite elegant. Im told) and four hours of dancing will follow with music by the Deltonians.

The special Valentine night will also include a gift for the ladies and a five by seven photo as a memento of the evening.

The cost of the romantic evening is \$20 per person. For information and reservations, call 330-5699.

## Longwood

Continued from Page 1C

Further information, please call Ann Shea at 323-2042.

## Garden club reviews spouse abuse

The January meeting of the Winter Springs Community Garden Club was brought to order by the president, Sandi Boggs. The object of this club, "to stimulate interest in gardening, to cooperate in the protection of native plants and birds, and to encourage public planting and roadside improvements," was stated. The prayer, the pledge and the secretary's and treasurer's reports were given, and the meeting portion was then adjourned in order to introduce Terri O'Sullivan from

the Speaker's Bureau of Spouse Abuse, Inc., the honored guest of the club.

O'Sullivan began the presentation with the generalization that spouse abuse is a serious problem in this country. The audience was amazed and spellbound as she described various statistical information regarding spouse abuse, such as: 10 women each day are killed in this country by their partners; every five years, the same number of women are killed by spouse abuse as were killed in all of the Vietnam War; there are more injuries due to spouse abuse each year than any other means of injury; there are three times as many animal shelters in this country as there are shelters for women who are in abusive situations. These statistics are

shocking, but what was even more shocking was the number of first-hand experiences of the members of the garden club with friends and acquaintances who have been abused. Of the number of members in attendance, at least half of the membership had been involved in helping someone who had been emotionally or physically abused, threatened, attacked, harassed and/or stalked.

Spouse Abuse, Inc. has a safe home in Orange County that can house up to 60 people. There is a safe house in Seminole County that is being planned for the protection of up to 45 people and will be opened this year, funding available. Spouse Abuse, Inc. operates a 24-hour hot line for spouse abuse victims only, call 1-800-892-2849, a downtown

office, a speaker's bureau, the safe house itself including maintenance, fully equipped with food and shelter items and supported with voluntary and full-time staff. In addition, Spouse Abuse, Inc. also trains volunteers for varied positions and accepts a wide variety of donated materials and goods necessary for the operation of the home and the safety of the residents.

O'Sullivan spoke of the cause of the violence which is control. She spoke empathetically of the victims of emotional and physical abuse, the length of stay allowed in the safe house and the resulting need for affordable housing, of the amazing courage of the women who come to the safe house, of the courage they need to address the issue of abuse and break the cycle, of the heartbreaking sight of broken children, and the "trap" of abused spouses and their children.

Their needs are many — any paper items such as diapers or paper towels, high chairs, baby swings, baby carriers, shampoo, towels, arts and crafts supplies for the children, toothpaste, playground materials, toys, a blacktopped driveway ... and the list becomes more technical. If you can help as a volunteer or would like to donate needed items, contact Terri O'Sullivan at 1-407-886-2244.

The Winter Springs Community Garden Club is an interesting group of fun-loving, warm, compassionate, and kind-hearted women. If you are interested in gardening, crafts, art, or friendship, call Margaret Hannah at 895-0810 and find out when the next meeting will be.

(Shay Koegel is a Sanford Herald correspondent covering the Longwood area. Phone: 333-0514.)



Herald Photo by Shay Koegel

Winter Springs Community Garden Club members are (from left): Maureen Riddley, Angie Jackson, Treasurer Laura Riddley, Jo Bush, President

Sandy Boggs, Aline Smith, Secretary Margaret Hannah and Shirley Osgood. Absent is Joyce Nichols, vice president.

**Special Sections For Special Readers**

Many Special Sections found in the Sanford Herald throughout the year feature informative articles and top-rated advertisements. Such features have included car care, back-to-school hints, vacation planning programs, home improvement, tax time tips, health and fitness guides and many more. Each section features informative articles and topic-related advertisements. These pullout sections are designed to be kept and used as helpful reference guides.

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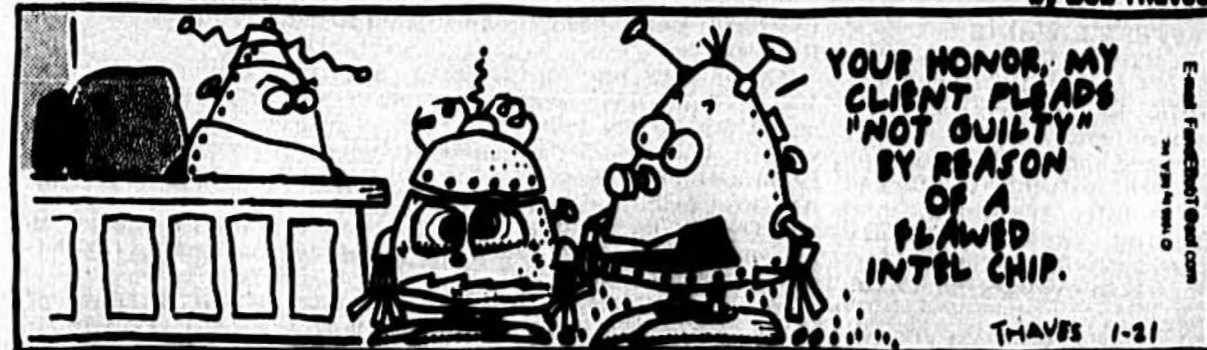
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**WIN AT BRIDGE**

**By Bernice Bode Cast YOUR BIRTHDAY**

Jan. 22, 1989

You may have a basic change of philosophy in the year ahead. You might become a more positive and enterprising person with an inquisitive mind eager to explore new opportunities.

**AQUARIUS** (Jan. 20-Feb. 19) Associates will heed your words today because of your ability to express yourself in clear, precise terms. Clear communication is your most useful tool. Aquarius, treat yourself to a birthday gift. Send for your Astro-Graph predictions for the year ahead by mailing \$1.25 to Astro-Graph, c/o this newspaper, P.O. Box 4465, New York, NY 10163. Be sure to state your zodiac sign.

**PISCES** (Feb. 20-March 20) You might be privy to confidential information today that will give you an edge over your competitors. Do not reveal your knowledge too soon, though.

**ARIES** (March 21-April 19) Understanding others will be the key to your success today. You have the ability to converse with persons from all walks of life, listening carefully to their words.

**TAURUS** (April 20-May 20) This should be a very productive day for you. You'll get to the heart of critical matters without wasting time on meaningless details.

**GEMINI** (May 21-June 20) You won't learn much from talking to dissenters today, but you could acquire valuable knowledge from persons whose ideas are in harmony with yours.

**CANCER** (June 21-July 22) Investigative work might become unusually interesting to you today. It will prove difficult to hide anything from you once you pick up a scent.

**LEO** (July 23-Aug. 22) There will be strength in a union today. What you can't accomplish alone can be achieved through allies. Associate with persons who share your objectives.

**VIRGO** (Aug. 23-Sept. 22) If anyone can get blood from a stone today, it will be you. Cutting down on waste and stretching your dollars is where you'll excel.

**LIBRA** (Sept. 23-Oct. 23) People will find you fun to be around today, especially in a situation with your mate. Your mistakes could penalize everyone involved.

**SCORPIO** (Oct. 24-Nov. 22) Trust your instincts today to show compassion to those who need your help, but are ashamed to need it.

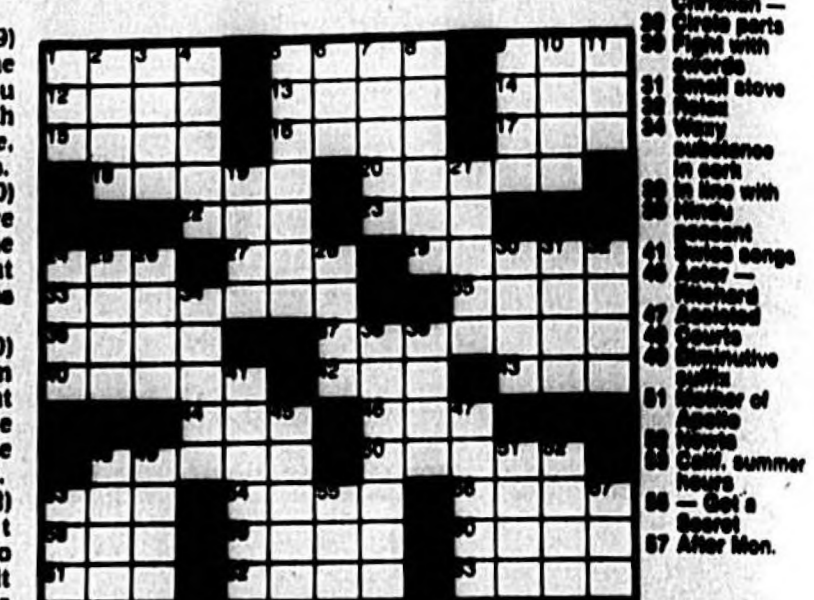
**SAGITTARIUS** (Nov. 23-Dec. 21) It is the little, thoughtful

**ACROSS**

- 1 Colorado ski resort
- 2 Proud
- 3 Kentucky blue grass
- 4 Age-changed
- 5 Author of "Pippi"
- 6 Musical suffix
- 7 It's off to work
- 8 Petroleum derivatives
- 9 Quantity
- 10 Negot
- 11 Aquatic mammal
- 12 Ceramic material (abbr.)
- 13 Companion of sea
- 14 Seed container
- 15 One Day
- 16 Time
- 17 Address
- 18 Finest
- 19 Sponges
- 20 Wild plum

**DOWN**

- 1 Solemn promise
- 2 Doctors
- 3 Character in "Othello"
- 4 Politician - Benetton
- 5 Infringe on
- 6 Southern blackbird
- 7 Arctic shade
- 8 Wine
- 9 Counselor
- 10 Head of the Catholic
- 11 church
- 12 River
- 13 Musical tribe
- 14 Seasoning
- 15 Attention-getting sound
- 16 British pot
- 17 Fashion designer
- 18 Christian
- 19 Civic parts
- 20 Fight with swords
- 21 Small stove
- 22 Heat
- 23 Incomprehension
- 24 In line with
- 25 Hindu
- 26 Present
- 27 Song - "Aster"
- 28 "Richard" covered
- 29 Sensitive
- 30 Author of "Anne"
- 31 Horse
- 32 Calif. summer hours
- 33 Get a
- 34 Street
- 35 After Mon.



things you do that mean so much to others. Today this mechanism will be in full force, leaving many admirers in your wake.

**CAPRICORN** (Dec. 22-Jan. 19) In commercial dealings today, use common sense; it could enhance your profit picture. Avoid asking others for advice at this time.

**SCORPIO** (Oct. 24-Nov. 22) Prepare to put forth a concerted effort today if you hope to accomplish your goals. Your ambitious objectives may require several attempts before you succeed.

**SAGITTARIUS** (Nov. 23-Dec. 21) Someone who has helped you in the past might come to you for assistance today. Although you may feel like rejecting this plea, don't.

**CAPRICORN** (Dec. 22-Jan. 19) This is not a good day to do business based on friendship alone. Let the merits of your proposition be the deciding factor.

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**WIN AT BRIDGE**

**By Phillip Alder**

Allow me to introduce you to Dayjah Voo. Maybe you think you have met him before. Are you sure? Or is it today's deal? True, the club suit is identical to yesterday's. And, in six no-trump with a friendly spade lead, you have eight tricks outside clubs. You need four club tricks to bring home the slam.

So perhaps you are planning to make the safety play of leading a low club toward dummy's holding. This produces four club tricks whatever the lie of the suit, and is particularly effective when West has all five missing clubs.

Well, you are nearly right. But in this deal there is another trip-wire over which declarer may fall. Do you see it?

At trick one, the natural reaction is to play low from the dummy, capturing East's queen with your king. Now a low club

to the 10 wins trick two, East discarding a heart. You return to hand with a heart and lead another low club. However, West, if in midseason form, pounces with his queen and returns a heart. This removes your last hand entry before the clubs have been unblocked. Suddenly the contract has perished.

What is the solution? Well, there are two. You could win trick one with dummy's spade ace. Alternatively, play dummy's spade jack. In the latter case, whether East covers with the queen or plays low, you have three hand entries remaining after trick one, two in hearts and one in spades. You can take the safety play in clubs and untangle your 12 tricks.

Always be careful not only to count your tricks but also to watch your entries.

Phillip Alder's new book, "Get

Smarter at Bridge," is available, autographed upon request, for \$14.95 from P.O. Box 169, Roslyn Hts., NY 11577-0169.

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<b>NORTH</b> 1-31-85			
♠ A J 2		♠ Q 5 4	
♥ K 6 4		♥ J 9 8 7 3 2	
♦ A K 4 3		♦ Q J 10 5	
♣ J 10 5		♣ A . . .	
<b>WEST</b>		<b>EAST</b>	
♠ 9 8 7 6		♠ K 10 3	
♥ 10 5		♥ A Q	
♦ 7 2		♦ 9 8 5	
♣ 9 7 6 4		♣ A K 8 3 2	
Vulnerable: Both			
Dealer: South			
South	West	North	East
INT	Pass	5 NT	All pass
Opening lead: ♠ 9			

**ANNIE**



by Leonard Starr

# School scenes

## IN BRIEF

### Benefit auction

**OVIEDO** - There will be a benefit auction for the baseball program at Oviedo High School on Saturday, Feb. 4 in the school commons.

The evening will begin at 5:30 p.m. with a fish fry. The auction will follow at 7 p.m. Items on the auction block include tickets to the Orlando Magic, antiques, Disney vacations and orthodontic services. The fish fry is \$4.50. Tickets can be purchased in advance at the school or at the door the evening of the event. For more information, call the school at 365-5671.

### Book giveaway

**SANFORD** - The Seminole County school district will be giving away surplus books at the Textbook Department's warehouse, 1211 S. Mellonville Ave., Sanford.

The warehouse will be open from 8:30 a.m. until 5:30 p.m. on Jan. 31 and Feb. 1 in order to accommodate those who want to take the books.

Those interested in taking books must provide their own transportation, labor and boxes.

## Crime: Is it worth it?

By **LYNDSEY HOLLIDAY**  
Herald Staff Writer



Lindsey Holliday

**Crime.** A crime is a commission of an act or act of omission that violates the law and is punishable by the state.

Crimes are considered injurious to society and to the community.

In Des Moines, Iowa the teens rank the major problems as:

- Alcohol use: 79%
- Drug use: 61%
- Drunken driving: 56%
- Gangs: 45%
- Teen pregnancy: 41%
- Teen suicide: 23%
- Racism: 22%

These are teens that are speaking out.

Now should we pray that that is the next generation or worry that they are the next generation.

Society needs to help the generation and the generation needs to help society.

Alice, a 19-year-old Chicagoan from California states her criminal life in a book called "Suicide Lives."

She has been busted for petty thefts several times, but the police let her go.

This is a prime example of why society needs to grow up. She would rob, steal and hurt people just to get money for drugs. She even went to the extent of cutting off a man's ear while she was robbing a store.

She was sent to a woman's jail and her release is set for March.

Carl, a young boy, has had a long life of crime. He killed a man named Joe at the age of 15. He beat the man, kicked him down a cliff, then smashed his head with a rock. This man was definitely not moving.

He shot a captain and the Grand Wizard of the Ku Klux Klan.

This individual obviously doesn't know what he is doing. Society needs to realize that crimes are being committed by people of all ages.

Crime will still continue no matter what steps we take. So, instead of taking 10 steps at once, let's take one step and start with ourselves.

Life must continue so let's not make our problems into excuses.

Everyone has problems, but problems shouldn't lead to crime.

Think about it. Is it worth ruining your life?

Lindsey Holliday is a sophomore at Lyman High School.

## Kids have big plans

By **VICKI BOGGS**  
Herald Staff Writer

**SANFORD** - Melissa Silbers, 6, is busy building castles in the sand. She forms each wall and turret carefully.

She does not have, however, architectural aspirations.

"I want to be a fireman like my daddy," she said.

Young people form an idea of what they want to do when they grow up at a very early age. Though not all follow through on their dreams, they have definite plans.

Kenny Dorvich, 7, said he wants to be a race car driver.

"I'm going to get me a big, fast car and I'm going to win all that big money they give away at Daytona and Indianapolis," he said. "I think I have to get a driver's license first."

Sherynique Davis, 6, said she hopes to one day open her own gift shop.

"I want to sell pretty little dolls and stuff," she said. "I think gift

shops are so cool."

Monique Pendleton is seven and is "absolutely, positively sure" she wants to be an astronaut.

"I want to do space exploration," she announced. "I want to live on the Space Station."

She said her parents have promised to allow her to attend Space Camp in a couple of years.

"I can't wait," she said.

Steven Farathon, 6, is going to be a police officer.

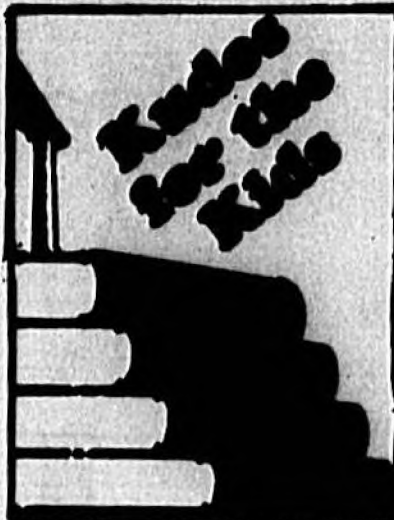
"Cops are cool," he said. "They get to get the bad guys and help the good guys. They're really cool."

Denise Lincoln, 5, wants to be a ballerina.

"I can stand on my toes and turn around," she said, demonstrating the talent.

She added that she also has plans of marrying a prince and living in a big castle with her six children and 101 Dalmatians.

Well, you've got to have a dream.



and lunch for him and his family at House of Hope.

**Seminole High JROTC**  
The Seminole High School Air Force Junior ROTC Color Guard and drill team won first place at the Central Florida Drill Team Competition at Oakridge High School in Orlando recently.

**Francis Marion University**  
Danielle Lyn Demaria of Sanford was named to the Dean's List at Francis Marion University in Florence, S.C. for the Fall Semester 1994.

To be named to the Dean's List, one must have taken 12 hours of classes and must have earned a grade point average of 3.25 on a four-point scale.

**Wofford College**  
Terry Crouch of Sanford has received a college scholarship to attend Wofford College in Spartanburg, S.C.

He is a graduate of Seminole High School and Seminole Community College.

He is majoring in French and government.

**Presbyterian College**  
Eva Scott, daughter of Bruce and Jane Scott of Sanford, was named to the Dean's List at Presbyterian College in Clinton, S.C.

She was honored for earning a grade point average of at least 3.3 on a four point scale.

Students all over Seminole County are doing well in their academic and extra-curricular endeavors.

They are achieving high honors at school and in the community and should be recognized for their efforts.

We'd like to give each of them a chance to show off their accolades here and give each of them a much-deserved pat on the back.

Good work, kids!

**Coloring contest winner**  
Gregory Bartos, 6, is the first prize winner in the House of Hope coloring contest.

The contest was sponsored by Re/Max Distinctive Properties in Altamonte Springs.

Bartos will get a \$25 Altamonte Springs gift certificate

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POP CULTURE™ by Steve McGarry



Los Angeles rapper Ice Cube — star of John Singleton's new movie "Higher Learning" — studied architectural draftsmanship in Phoenix, Ariz.

1.) Of which group was Ice Cube once a member, appearing on the ground-breaking album "Straight Outta Compton"?

2.) In which 1991 movie — named after a rap penned by a sixteen-year-old — did Ice Cube star?

3.) Which funk legend teamed up with Ice Cube on "One Nation Under a Groove"?

Answers: 1.) N.W.A. 2.) "Boyz n the Hood" 3.) George Clinton



**Making music**  
These Lakeview Middle School student musicians have been selected to play with the County Honor band on Jan. 28 at Lake Brantley High School. In the front row, left to right, Karen Nunes and Steven Ryals; and in back, left to right, Shawnii Gatlin, Aaron Little, Andrea Ludwig and band director Kelly Konrad.

**Let us know**  
The Sanford Herald wants to know what is happening at your school.  
If you have an event coming up at your school, or if you want to tell us about some of the great things the students at your school are doing.  
Or, if there is a teacher, staff member or, even an administrator who has been honored or is doing something unique in the classroom let us tell our readers about it.  
Send the information to the Sanford Herald, 300 N. French Ave., Sanford, 32771 or fax it to us at 407-323-9408.

**WIN \$500 CASH!**

**EXCELLENCE IN SERVICE AWARD**

Three Florida students, who exhibit outstanding achievements through community service, will win \$500 in cash from Florida's Office for Campus Volunteers. The annual Excellence in Service Awards are given to students who volunteer in their local campus community, develop or organize projects addressing social issues or demonstrate leadership through influence of policy or advocacy for social change. Students must be currently enrolled in any Florida college/university.

Winners will be announced at the 1995 awards ceremony in Tallahassee and featured in the "Student of the Year" special issue of Florida Leader magazine. For application information, write to FOCV, 345 S. Magnolia Dr., Suite D-12, Tallahassee, FL 323401-2950 or call 904/922-2922.

Applications must be postmarked by February 1, 1995

**Seminole County School Board**

**Monday, Jan. 27, 1994**  
Pizza  
Fresh Salad Greens  
Choice of Fruit  
Chef's Salad or Bag Lunch  
Low Fat Milk

**Tuesday, Jan. 28, 1994**  
Tex Mex Burger on Bun  
Oven Potatoes  
Choice of Fruit  
or Chef's Salad or Bag Lunch  
Low Fat Milk

**Wednesday, Jan. 29, 1994**  
Rib-B-Que on a Bun  
Corn  
Chilled Peaches  
or Chef's Salad or Bag Lunch  
Low Fat Milk

**Thursday, Jan. 30, 1994**  
Italian Chicken with Sauce  
Mashed Potatoes  
Roll  
Winter Vegetables  
or Chef's Salad or Bag Lunch  
Low Fat Milk

**Friday, Jan. 31, 1994**  
Grilled Cheese Sandwich  
Vegetable Soup  
Fruit Tray  
or Chef's Salad or Bag Lunch  
Low Fat Milk

**What's for lunch?**

**Seen at school...**

**Rare opportunity**

The U.S. Olympic Tae Kwan Do demonstration team recently showed their stuff at Lakeview Middle School in Sanford. The team showed defensive demonstrations and graceful moves to a delighted audience. Jin Seok Park and Kyung Sik Shin practiced sparring and other team members showed off their skills. The students were thrilled with the demonstration and appreciated the opportunity to see the demonstration team on one of their few Central Florida stops.

# Health/Fitness

## IN BRIEF

### 'Impotents Anonymus' offered

Florida Hospital Altamonte will offer "Impotents Anonymus", a support group for people affected by impotence, on Monday, Jan. 23 and Monday, Feb. 27, from 7-8 p.m. in the Chalos Conference Center at Florida Hospital Altamonte, 601 E. Altamonte Dr., Altamonte Springs. Urologist Michael Friedman, M.D., will lead the group. Florida Hospital Altamonte sponsors Impotents Anonymus for men who are afflicted by impotence and want to learn more about its cause and treatment. Wives and friends are welcome to attend this meeting which is free and open to the public. For more information, call Tori Callan, at Dr. Friedman's office, at 323-7772.

## Tofu: The Most Versatile Protein

Editor's note: This column is one in a rotating series written by local health and fitness professionals to give different view points on health care and healthy lifestyles.

By **DEBBIE CERANKOWSKI**  
Special to the Herald

Tofu, also known as bean curd, is fast becoming a popular staple. It is made by curdling soybean milk. It can be found in the supermarket produce, in health food stores, and in oriental food shops.

Tofu is an excellent baby food, good for growing children, vegetarians and the elderly, because it has a high protein content and is easily digested. It is good for healing and sensitive stomachs. Tofu is low in calories, fats and carbohydrates and is rich in calcium and potassium. It is a good source of protein when trying to lower cholesterol levels as it contains no cholesterol, and is low in fats.

Tofu, having no flavor of its own, can become whatever flavor you want when you get home. No other food can substitute for mayonnaise, sour cream, cream cheese in cheesecake, dips, low calorie dressings, meat, cheese, sandwich spreads, and much more.

Buy fresh tofu, unless it is vacuum packed. Change water as soon as you get home. Fresh, clean water should be used to rinse and soak tofu each day. Store it in distilled water. Tofu is best used in one week to ten days after opening.

Frozen tofu has a meaty texture that resemble ground beef in recipes such as chili, spaghetti, sloppy joes, etc. You must freeze it properly. Drain the chunk of tofu well and take a paper towel and squeeze out all excess liquid. Let it set a few minutes and pat dry again. Cut into 1/2 inch chunks, spread them on a cookie sheet and freeze for three to four hours. Then store the tofu in a freezer bag. To use, thaw and crumble. Add to your recipe and it will take on the flavor of the food you are cooking it with.

Remember, tofu has no flavor, so as you cook it in recipes, taste the dish because it may need more flavorings than usual.

For baby foods, add tofu to a blender along with other baby foods you are preparing, like fresh fruit, vegetable, or canned baby foods. This will assure you that your baby is getting enough protein and calcium.

There are two forms of tofu. Silken tofu is the softest from (Japanese style). The Chinese style is medium firm to dense form and is hard-pressed.

Tofu come packed in water fresh tofu has a delicate scent. Each package should have an expiration date, so be sure to check this date before buying. If it smells a little sour, do not use it, unless you boil it for 20 minutes. Other wise, return it. Remember, the medium-firm is good for slicing, freezing and cubing. The softer form may be used the same way but it has to be drained, squeezed dry, and does not hold its shape well. You can make it even firmer by placing paper towels on the top and bottom of the tofu and placing a heavy chopping board on it for minutes or longer. The soft tofu is best for blending in recipes like mayonnaise, cheese cake, etc. Marinating tofu gives it the flavor you desire. Always marinate tofu in a stainless steel or glass container. If you are marinating cubes, use a flat dish and turn several times. If using frozen tofu, press the



Debbie Cerankowski

marinate into the tofu every so often. Do not let it stand out at room temperature longer than one hour. If you need more time, place it in the refrigerator.

Tofu is very versatile. As you become more familiar with it, you will love its many uses.

Tofu, fish oil, fiber, vitamin D, and a low fat diet may lower risk of developing breast cancer, the major killer of American women. In 1987, one in every 11 women developed breast cancer. Now it's one in nine.

The National Cancer Institute estimates that approximately 1.5 million women will be diagnosed with the disease over the next decade and that about 30 percent of them will die.

At an American Cancer Society seminar in Daytona Beach, Dr. Stephen Barnes, a biochemist from the University of Alabama, said, "experimental studies involving 30 rats indicated that isoflavones, naturally occurring substances found in soybeans and tofu, seemed to reduce the rate of mammary cancer in half."

The active soybean agents were also referred to as phytoestrogens because they counter cancer-inducing estrogen in much the same way as the synthetic drug Tamoxifen (a synthetic hormone) does. These substances are found in regular soybeans, tofu, soy milk, soy flour, and miso (soybean paste) sold at health food stores and Asian food stores.

Also, this past spring, Dr. Rashida Karmali, associate professor of nutrition, Rutgers University, announced findings that supplements of fish oil equal to what Japanese women commonly eat in fish, suppresses biological signs of developing cancer in breast-cancer-prone women.

### GRILLED TOFU SANDWICHES

8 ounces drained, sliced, tofu  
2 Tbsp. miso or tamari sauce  
1 Tbsp. expeller-pressed vegetable oil  
4 slices whole grain bread  
Green onions, finely chopped

Mix oil and miso together, spread on tofu slices. If you are using tamari, marinate for one hour in sauce. Broil on an oiled cooking sheet, without turning, for about 8-10 minutes, until hot. Spread mayonnaise on bread, sprinkle with green onions, or add a thick slice of onion and tomato. Top with broiled tofu slices.

Variation: Prepare open-faced sandwiches topped with sliced, sauteed mushrooms, and onions with barbecue sauce or Hain's prepared dry gravy mix.

## YMCA celebrates health with a fair

### Serving the needs of Seminole County

Fitness, by today's standards, is more than just an exercise routine. It encompasses a whole lifestyle concept of 'mind, body and spirit.' This is the premise of the mission statement of the YMCA. To further this concept, the Seminole Family YMCA, in conjunction with seven other Central Florida YMCA branches, held a Health Fair Open House Saturday, Jan. 14. Free health screenings, classes, facility use and demonstrations were available to those who attended. YMCA executive director Ed Thomas (center, right photo) speaks with visitors to the facility about the programs available. The Seminole branch, which has been at its present location since 1986, is in the midst of a capital campaign to build a state-of-the-art wellness center and multi-purpose rooms.



### 100 years of swimming lessons

Some examples of cardiovascular exercises are swimming, walking, jogging, bike riding, aerobics, team sports, treadmills and Stair Masters. The YMCA has offered swimming lessons for more than 100 years. The Seminole branch pool is heated for year-round use. JoAnne Cornelius (upper swimmer in left photo), of Lake Mary, swam laps during the health fair, preparing for the Special Olympics. The YMCA offers adult and family swim programs as well as instruction swim clinics and swim teams for the kids.

### A host of versatile activities

'I try to use all of the equipment I can,' said Bob Eckstrom (on the stationary bike, right photo). Whether you are just starting to work out or are experienced, the YMCA provides a complete orientation on all of their equipment. Their fitness room includes treadmills, Stair Masters, computerized stationary bikes, abdominal machine and weight equipment. Martha Carwell is a fitness instructor at the Y and a personal trainer. If you enjoy walking but don't have anyone to join you, the YMCA has just the class for you. Power Walk includes a warm-up and cool down period in the fitness room coupled with a 40-minute aerobic walk outdoors. Also available is step aerobics, stretch and tone, abdominal crunchers and 'Bottom Line,' 30 minutes of intense sculpting for your bottom line.

For the kids, 'Puzzles the Clown' was part of the celebration, as well as cheerleading and Tae Kwon Do demonstrations and a dino-sized astro-jump. Rod Rich, of Beltone, gave hearing tests and David Haught, of CAC-Ramsay, presented health care information.

Information and photos by Renee Keith, Herald Correspondent



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## A New Breakthrough In Hernia Repair

Hernia repair is no longer major surgery. Recent advances like the mesh technique have made it as simple as a one-day "walk-in, walk-out" procedure.

A new laparoscopic technique now available at The Hernia Center of Central Florida has simplified things even further. Because this procedure requires only small incisions, it lessens pain and further shortens recovery time.

The Hernia Center is operated by Surgical Associates, an established team of skilled surgeons who have practiced in Central Florida since 1973 and have performed literally thousands of hernia operations.

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# Business

## IN BRIEF

### Weekley Homes

**LAKE MARY** — David Weekley Homes of Altamonte Springs has started construction on a new model home at Timacuan in Lake Mary. John Meyer, Orlando division president said the "Aurora" is a four-bedroom, four-bath, two-story home priced at \$205,900, with 3,083 square feet of living area.

There are 56 homesites available in this new section of the Timacuan community, located off Rinehart Road.

### Cambridge Homes

**ALTAMONTE SPRINGS** — Cambridge Homes of Altamonte Springs closed on 300 homes during 1994 for a dollar volume of \$50.3 million, according to Bill Cross Jr., company president. The amount is in comparison to 254 homes for \$56.4 million during 1993.

### RE/MAX people

**ALTAMONTE SPRINGS** — John A. Baggio has joined RE/MAX Distinctive Properties as sales manager. Kelvin F. Martinez has joined RE/MAX as sales associate.

Both will be located at the RE/MAX office at 801 Douglas Ave., Suite 103 in Altamonte Springs.

### Higgins & Heath people

**WINTER SPRINGS** — Residential sales specialist Valerie Martorell of Winter Springs has joined the New Homes Division of Higgins & Heath, Inc./Better Homes, and will serve as project manager for Brighton Woods.

Also joining Higgins & Heath, which celebrates its 17th anniversary this year, are Diane K. Witt of Oviedo, Dick Beckerich and James M. Moon of Longwood.

### Coldwell people

**LONGWOOD** — Coldwell Bahker Residential Real Estate West Central Florida has announced top sales producers and top listing agents for December of 1994.

Top sellers include Patrick Drake in the Longwood office, and Rosie Fong of Oviedo.

Top listing associates include Kay Carson of Longwood and Jan Johnson of Oviedo.

### Winn-Dixie opening and closing

**WINTER PARK** — The Winn-Dixie Marketplace located in the Lake Howell Shopping Center, Winter Park, has added nearly 10,000 square feet of space. New additions include one hour photo services and an automated teller machine. The store also features a full salad and melon bar, and has many greatly expanded departments. The new store will be open 24-hours per day.

Meanwhile, Winn-Dixie Center at Aloma and Lakemont, officially closed its doors as of 5 p.m. Jan. 10.

Winn-Dixie currently operates 1,140 supermarket stores in Sunbelt states, with 14 in the Bahamas. The Orlando division, which includes Sanford and Seminole County, has 105 stores.

## This business is going to the dogs

By **BOB SPANAS**  
Herald Staff Writer

**ALTAMONTE SPRINGS** — Necessity is the mother of invention. There are times when the necessity becomes very strong, especially if a person is traveling with the family dog in the car, and can find no place for that required pit-stop.

Juerg Petersen was driving from Miami to his home in Orlando with his dog. When it was time to walk the dog, practically every place he stopped had signs, "No pets." After several attempts, he was forced to exit from the highway and find a secluded spot.

That experience reportedly led to DOGI POT, an aluminum sanitary disposal system Petersen hopes to see installed at highway rest areas, campgrounds, city parks, even private residential neighborhoods throughout the United States.

"The clean solution to dog pollution," as Petersen calls it, "is the perfect answer for pet owners' woes."

The DOGI POT is already popular in Europe. Petersen says Americans own more dogs than hair dryers, CD players or microwave ovens. "We spend more than \$1.6 billion annually on dog food, not counting that piece of veal Rex snatched from the kitchen counter last night," he said. "Nearly three billion pounds of dog food annually creates a sizeable mess." He also explained that what dogs leave behind is causing a national stink.

Petersen explained that DOGI POT provides a safe, sanitary and convenient way for pet owners to properly dispose of dog waste. The durable green-green canisters contain large, easy-to-use, biodegradable plastic bags which pet owners don't like to carry.

After picking up the waste, the owner merely reverses the bag, ties a knot in the opening and disposes of it properly in the



Mays Paul, a partner in the Orlando based DOGI POT, Inc., with her dog Lella, by the aluminum sanitary disposal system at an Orlando rest area.

biodegradable plastic lined DOGI POT container.

He first introduced the product in his native Switzerland 10 years ago under the name ROBIDOG. It sold 20,000 units

in five years. An Altamonte Springs plant is now manufacturing the first order of 3,000 units and Petersen hopes to sell more than \$2 million worth in 1995.

"It's important from a sanitary perspective and from an environmental one as well," Petersen said. "The European experience has been that pet owners will almost always clean up after their pets, if we'll provide them with adequate facilities."

## Better health through chiropractic therapy

By **BOB SPANAS**  
Herald Staff Writer

**LAKE MARY** — People may see the sign but not realize what goes on.

Muscle Coach Chiropractic Rehabilitation is located at the Publix Shopping Center, 3801 W. Lake Mary Blvd., Suite 111, in Lake Mary.

The facility is operated by Dr. James S. Fernandes, D.C., and Dr. R.J. Micciche, D.C., both licensed chiropractic physicians.

The office manager is Connie Corpac, a Longwood resident. Inside the front door, people can avail themselves of

chiropractic services, physical therapy, weight loss programs and personal training.

While it may sound like a weight-loss gymnasium, all services are in a non-gym atmosphere.

Most insurance plans cover this program.

Muscle Coach Chiropractic Rehabilitation was established in January of 1993, and has continued operation in the same location since its beginning.

The owners of the establishment have over eight years experience in this personal training, which combines chiropractic physical therapy with specialized weight loss programs.

For information, phone 323-3565.



Dr. R.J. Micciche, D.C., of Muscle Coach Chiropractic Rehabilitation, with some of the equipment used in helping people improve their health needs.

## Barnett reports record year

**JACKSONVILLE** — Barnett Banks Inc. reported record earnings of \$448 million in 1994, a 18 percent increase over the \$421 million earned in 1993.

The earnings were \$4.86 per share, compared with \$4.01 per share for 1993.

In the fourth quarter, Barnett earned \$125.4 million, or \$1.31 a share, compared with \$115.3 million, or \$1.08 per share, in the same quarter in 1993.

"We achieved record earnings and profitability while strengthening our balance sheet

and improving efficiency," said Charles E. Rice, chairman and chief executive officer.

In 1994, Barnett recorded a 1.26 percent return on average assets, the highest in company history. In addition, the return on common shareholders' equity was 16.70 percent.

Non-interest expenses fell by 9 percent, reducing the company's overhead ratio to 61 percent from 65 percent in 1993.

Net charge-offs of \$62.3 million were 35 percent below a year ago.



### New business in town

The Greater Sanford Chamber of Commerce held a ribbon cutting recently for a new medical practice which has opened in downtown Sanford. Shown with staff members and chamber members, center, is Dr. Pillai, Dr. Aravind Pillai, M.D., is now operating an

internal medicine office at 819 E. First St. in downtown Sanford. Shown with staff members and chamber members, center, is Dr. Pillai, holding large scissors, with his wife Devi.

## Disney plans 'Phone TV'

By **THE ASSOCIATED PRESS**

**ORLANDO** — Walt Disney World is negotiating a joint venture with three telephone companies for an interactive television network over phone lines.

The separate company would sell TV programming by Disney, plus interactive services such as TV shopping, to customers of local telephone service in the South, Midwest and Southwest.

The video venture would create an alternative to cable TV, with pictures and sound carried

by phone lines rather than television cables.

The three companies are BellSouth Corp., Florida's biggest local phone company; Ameritech Corp., which operates in the Midwest; and SBC Communications Inc., formerly Southwestern Bell.

The video venture was conceived in August.

"We're still progressing well toward a definitive agreement," said Tim Klein of BellSouth.

"There haven't been any unforeseen complications," Disney would not comment on the status of negotiations.

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**These properties of local interest:**

(506) ABSOLUTE - Trails West Development, Deland. 8 vacant residential lots located in Trails West Development to be sold as one offering.

(508) ABSOLUTE - Trails West Development, Deland. 16 vacant residential lots to be sold as one offering.

(507) ABSOLUTE - Trails West Development, Deland. 33 vacant residential lots to be sold as one offering.

(509) ABSOLUTE - Lot 39, Bent Oaks Subdivision, Deltona. Vacant residential lot with 121' of frontage on Nicker Bean Street and 139' of frontage on Coonite Avenue.

(510) ABSOLUTE - NE corner of Center Avenue and 7th Street, Holly Hill. 4.5 acres, platted for 66 multi-family dwellings.

**G.O.R.E. AUCTION IN MIAMI ON FEB. 16th**  
• Broker Participation Welcome  
• Financing available on select properties to qualified Buyers  
**ATTEND BIDDER/BROKER PARTICIPATION SEMINAR**  
**ORLANDO - Wed., Feb. 1, 7 PM, Radisson Hotel Orlando Airport**

**ALSO SELLING AT THESE AUCTIONS**

(519) ABSOLUTE - Lot 22, Glenside Drive, Devon Green Subdivision, Heathrow. 7,000 SF residential lot with golf course frontage in exclusive golf course community.

(518A) State Road 48, 3+ miles east of Mount Dora, Sorrento. A vacant 3.12+ acre tract of land.

(507) 1266 Grand Avenue, Glenwood - 4 BR, 4-1/2 BA, 6,000 sq. ft. home on .43 acres. Loaded with amenities!

# New Year Savings

## SEMINOLE FORD

### 1994 FORD RANGER XLT



4T988

- Air Conditioning
- AM/FM Stereo
- Power ST
- Chrome Step Bumper
- Overdrive Transmission
- Cloth Split Bench Seat

**\$10,495\***

### 1995 FORD WINDSTAR GL



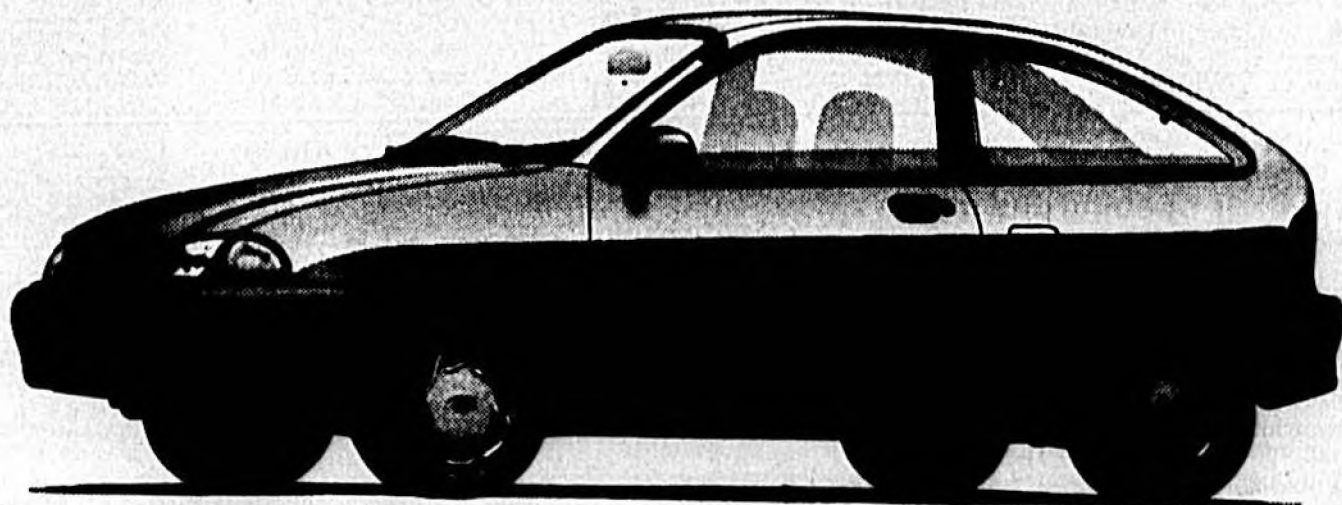
5T060

- Automatic Transmission
- V-8 Engine
- Air Conditioning
- Anti Lock Brakes
- 7 Passenger Seating
- Tinted Glass
- Rear Wiper

**\$18,457\***

*Featuring*

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5T205

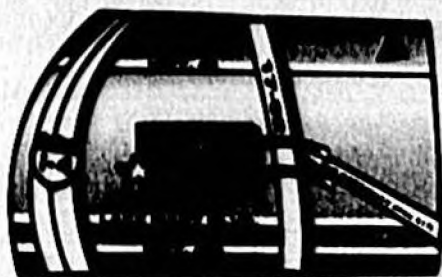
Equipment includes...  
CFC-Free A/C, Power Brakes,  
Front Wheel Drive, Dual Air  
Bags, Deluxe Wheel Covers,  
More.

*Only*

**\$8,795<sup>00</sup>**

USED CARS AND TRUCKS . USED CARS AND TRUCKS . USED CARS AND TRUCKS . USED CARS AND TRUCKS

'88 FORD CROWN VIC SW Loaded, clean, nice, SAVE Manager's Special <b>\$1995</b>	'88 ISUZU PICKUP Loaded, Clean, SAVE, Topper, Excellent Buy <b>\$2395</b>	'88 FORD AEROSTAR XLT Loaded, clean, 7 pass., Nice A Best Buy <b>\$3995</b>	'88 MAZDA MX 6 Loaded, extra sporty, nice Save Big <b>\$4595</b>	'91 GEO METRO CONVERTIBLE Loaded, extra sharp, nice Fantastic Buy <b>\$4995</b>	'90 NISSAN AXXESS Loaded, clean, nice, save, A Great Buy <b>\$5395</b>	'93 FORD ESCORT 2 DR. Loaded, very nice, sporty A Super Buy <b>\$5995</b>	'88 GRAND VOYAGER SE Loaded, very clean, 7 pass., Excellent Buy <b>\$5995</b>
'88 MITSUBISHI ECLIPSE Loaded, very sharp, sporty A Best Buy <b>\$5995</b>	'88 GMC C3500 SIERRA SLX Loaded, very clean, nice Excellent Buy <b>\$6495</b>	'91 CAPRI XR2 CONVERTIBLE Loaded, extra sharp, sporty, Fantastic Buy <b>\$7895</b>	'93 MUSTANG LX HATCHBACK Loaded, extra sharp, sporty, Save Big <b>\$8395</b>	'90 FORD T-BIRD SUPER COUPE Loaded, very clean, sharp, A Super Buy <b>\$8395</b>	'90 PROBE GT Loaded, very sharp, nice, Fantastic Buy <b>\$8995</b>	'91 CHEVY LUMINA VAN Loaded, very clean, sharp A Super Buy <b>\$9695</b>	'91 MUSTANG LX CONVERTIBLE Loaded, V8, low miles, nice, Save Big <b>\$9995</b>
'88 TOYOTA PASSEO Loaded, extra sharp, nice, Excellent Buy <b>\$10,395</b>	'91 FORD EXPLORER SPORT Loaded, extra nice, sharp A Great Buy <b>\$10,795</b>	'93 SATURN SC3 SPORT COUPE Loaded, very sharp, sporty A Super Buy <b>\$11,395</b>	'91 TOYOTA PREVIA LE Loaded, nice, 7 pass., sharp A Great Buy <b>\$11,895</b>	'92 CHEVY LUMINA Z 34 Loaded, very sharp, sporty, A Best Buy <b>\$11,995</b>	'93 COUGAR XR7 Loaded, very nice, sharp, A Super Buy <b>\$12,395</b>	'94 GMC PICKUP SIERRA Loaded, sharp, 2,000 miles A Best Buy <b>\$12,495</b>	'92 OLDS 98 REGENCY Loaded, sharp, low miles Save Big <b>\$12,995</b>
'88 FORD F150 SUPER CAB Loaded, extra nice, sharp A Great Buy <b>\$12,995</b>	'92 SAAB 900 S Loaded, extra nice, sharp, A Great Buy <b>\$13,495</b>	'94 FORD THUNDERBIRD LX Loaded, very sharp, low miles A Best Buy <b>\$13,995</b>	'93 CHEVY SW CAPRICE CLASSIC Loaded, V8, nice, low miles Fantastic Buy <b>\$14,895</b>	'93 FORD HI TOP CONVERSION Loaded, sharp, luxury, hurry Excellent Buy <b>\$16,995</b>	'93 NISSAN PATHFINDER Loaded, extra sharp, nice Fantastic Buy <b>\$18,495</b>	'94 GMC 815 JIMMY SLS Loaded, low miles, very nice, Save Big <b>\$18,695</b>	'94 MUSTANG GT CONVERTIBLE Loaded, 4 dr., low miles, sharp, a super buy <b>\$20,695</b>



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\*VEHICLES SIMILAR TO ILLUSTRATIONS.  
ALL REBATES ASSIGNED TO DEALERSHIP.  
PRICES PLUS TAX, TAG, TITLE AND FEES.  
OFFER GOOD UNTIL JANUARY 31, 1995  
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